

APRIL 2023

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GAZETTE

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FESTIVAL!
MAY 27**



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*Connecting
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Tuxedo Park AGM

THURSDAY, APRIL 13

7 PM

@ Tuxedo Park Hall
(202 29th Ave NE)

Guest Speakers • Refreshments
NEW BOARD MEMBERS NEEDED!

Everyone Welcome

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Tuxedo Park Community Association



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Phone: 403-277-8689

www.facebook.com/tuxedoparkcommunity
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Vice President	Vacant	
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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.



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News, Events,
& More



Crime
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Real Estate
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PRESIDENT'S MESSAGE

Thank You

After two years as president, I've decided it's time to move on. I had hoped to have done more, but as I look back, we managed to come out of COVID strong. We've invested in the hall, so it can be here for another generation, the piles of dirt are finally gone with a new park to enjoy, and we have a great group of volunteers and staff that make this community great.

I will still be involved, as there are great opportunities when it comes to this community to make a truly neighbourly place for people of all ages; one that welcomes all, be it a homeowner, renter, or business. I will still be around, pushing for safe streets, for active mobility, and advocating that the City reinvest in communities that are embracing renewal.

And of course, I'll be helping to flood and maintain the ice rink next year.

Missed the AGM, but still want to help? Come join us on May 11 at 7:00 pm for our next meeting.

Casino: June 8 and 9 at Elbow River Casino. See our website to sign up to volunteer.

Park Reopening Festival: May 27. Come help out and celebrate the new park.

Julien Poirier

President, Tuxedo Park Community Association

Facebook: @tuxedoparkcommunity

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April 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

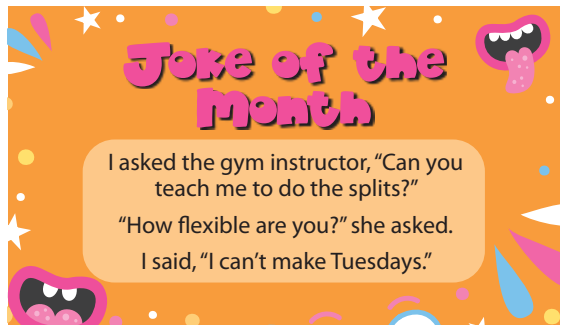
Seniors' Fitness

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.

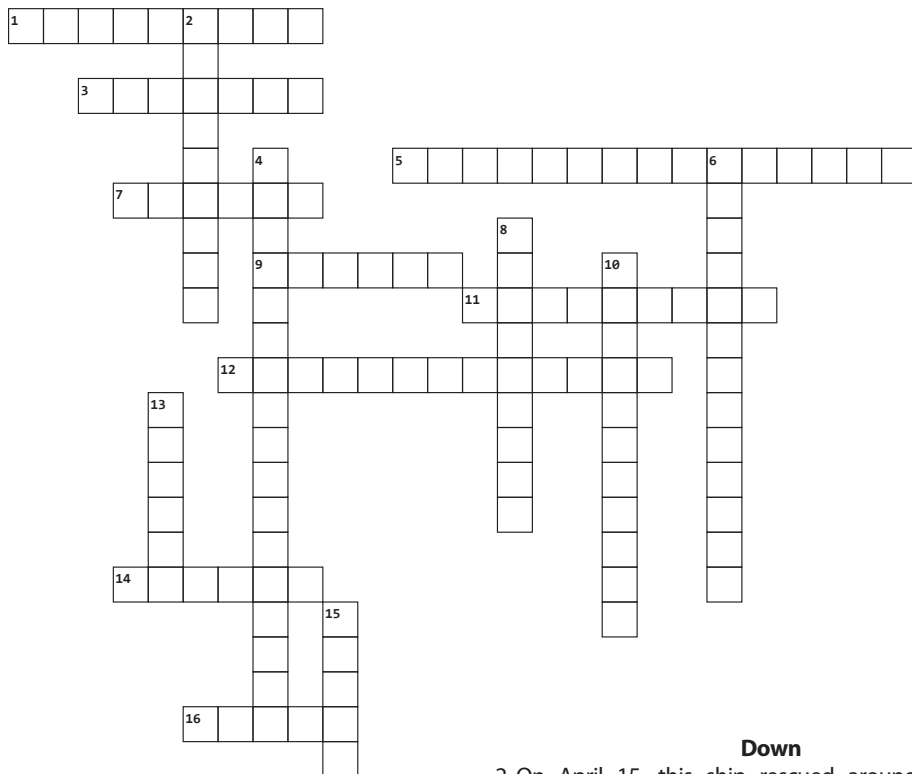
To become a member and take advantage of these programs and more, please drop by the hall, call, or visit our website to sign up online: www.tuxedoparkcommunity.ca/membership.



Joke of the Month

I asked the gym instructor, "Can you teach me to do the splits?"
"How flexible are you?" she asked.
I said, "I can't make Tuesdays."

April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY



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.

Park Reopening

May 27 | 1:00 to 4:00 pm

We are so excited to welcome everyone back to the Tuxedo Park Green Space. Join us to celebrate at the Park Reopening Festival!

What does the event have in store? Beyond good times, there will be:

- Live music
- Butterfield Acres Petting Zoo
- Artisan and local business vendor market (please contact social@tuxedoparkcommunity.ca for information about booking a vendor table)
- Beer Garden
- Crafts and Activities

Want to volunteer? Contact social@tuxedoparkcommunity.ca.



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:

www.twitter.com/tuxedoparkyyc

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 <p>COME TRY <i>Ringette</i></p>	<p>REGISTER HERE</p> 
 <p>COMETRYRINGETTE.CA</p>	<p>April 23 2:00-3:30PM Flames Community Arena</p>

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TUXEDO EATS!

by Patty

Most of us know nutrition greatly impacts how we feel physically and mentally, but with life's added stresses, time constrictions, and the tight budget that most of us must stick to, it may seem cheaper and easier to inhale a plate of 'whatever' than to make healthy meal choices.

As a Registered Holistic Nutritionist, working with nonprofit groups that advocate for and build programs for demographics that have specific barriers such as addictions, mental health, homelessness, and new immigrants, I found that they all have one thing in common: low incomes. When I first started doing talks and workshops on healthy eating, I was always met with the same obstacle. How do you afford food on as little as \$20 to 30 a week or less, let alone eat healthy?

Working on a limited budget while I chase my dreams, I have learned a few tricks along the way! Making healthy choices can actually be affordable and not that time consuming. Whether you're living on a very low income or just trying to save a buck to survive in this big, beautiful, and pricey city of ours, there are some great little hacks to help you get on the right healthy track and stay on budget.

Bulk Foods: Whether you go to Costco or your local grocery store, bulk foods are the way to go! Not only is this more economical but it also reduces the use of unnecessary packaging, which makes a positive impact on the environment. Buying in bulk is great for the following foods: beans, legumes, nuts, seeds, flours, dried fruit, spices, coffee, tea, and grains! Of course, I urge you to choose locally sourced/fair trade and organic whenever possible.

Slow Cooker: Slow cookers are one of the best inventions in my opinion. You can get one at a thrift shop for super cheap and make food all year round! During the fall/winter season is the best time to experiment. Make soups, stews, chilis, pasta dishes, and even baked potatoes! Prep doesn't take too long, and you can just set it and forget it! Double up recipes and freeze some of your creations for future meals. Invest in a thermos for meals on the go that need to stay heated longer.

Non-Perishables: While I do encourage you to always buy fresh and make your own, there are going to be

times where you want something quick that you can just heat up, there are non-perishables that come in a tetra package that you can buy! There are soups, chilis, and other various foods that don't come with the contamination of an aluminum can! But of course these foods will be no match for that homemade soup you made last week.

Healthy Snacks: Keeping healthy snack items around the house is a great way to keep on the healthy track and super handy during hunger attacks. Make some hummus, or chew on some raw veggies or fruit. Avoid processed and fried foods.

Fresh fruits and Veggies: So good, good for you, and affordable! Fruits and veggies are so great to throw in your backpack as a snack while you are on the go, and are also packed with all the vitamins and minerals you need.



Stuffed Spaghetti Squash

Ingredients for the Squash:

- 1 spaghetti squash cut in half and seeds scooped out
- ½ tbsp. extra virgin olive oil
- Salt and cracked pepper
- Dried oregano
- Dried thyme
- 1 tbsp. Apple cider vinegar

Directions:

- Preheat oven to 375° F.
- Mix oil, salt, pepper, and herbs in a bowl and spread on the inside of squash with a spoon or brush.
- Put squash on baking sheet, cut side up in the oven, and cook for 35 to 45 minutes or until you can scrape the inside flesh free (hint - it should resemble spaghetti).
- Mix shredded squash with pesto inside the squash rind, then add stuffing and fresh tomatoes mix together as well (option to add cheese on top before baking again for 4 minutes).

Ingredients for Squash Stuffing:

- 6 cherry tomatoes cut in half
- ½ smoked tofu cut in small pieces
- 1 large shallot, chopped
- 4 crushed garlic
- Salt and pepper to taste
- Dried oregano
- 1 tbsp. apple cider vinegar
- 1 tbsp. coconut oil
- 2 tbsp. dry red wine
- 1 ½ cup of leftover homemade salsa (red onion, tomato, garlic, cilantro, lime juice, jalapeno. I mixed the salsa in the food processor for this meal).
- 1 cup of leftover homemade cilantro pesto (cilantro, olive oil, garlic, apple cider vinegar, avocado. All in food processor). I saved some pesto to mix with the actual squash as well.

Directions:

- In a pan on medium heat, add coconut oil and shallots, cook until brown.
- Add tofu and ½ cup of salsa, red wine, vinegar, and oregano. Let simmer for 3 minutes.
- Add the rest of the salsa mixture along with pesto, let simmer for 5 minutes, make sure to stir.



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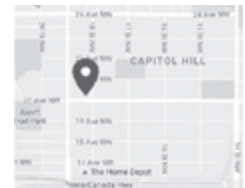


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JEREMY NIXON

CALGARY-KLEIN

HUSBAND. FATHER. COMMUNITY BUILDER.



Jeremy's career has always been about making a difference, from non-profits to the legislature he has consistently stood up for those in his community.



He grew up knowing his father's own experiences with homelessness and went on to advocate for others through the Mustard Seed, Canadian Mental Health Association and the Boys & Girls Club.

As a homeless shelter manager, Jeremy saw firsthand how government inefficiency and bloat hurts not just our most vulnerable citizens, but also the lives of everyday Albertans.

He believes an engaged society, strong economy, and good government ultimately lead to better results for Albertans.



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