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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
Statistics



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Statistics



PRESIDENT'S MESSAGE



As we head into the summer season, your hardworking TPCA board of directors will be taking a break and enjoying the sun. Our regular board meetings will resume on Thursday, September 14 at 7:00 pm at the TPCA hall. Our meetings are always open to residents—we welcome your

input and contributions to the issues facing our community. We also welcome new board members anytime throughout the year. If you're interested in joining us to help Tuxedo and gain experience, contact me.

We're also looking to fill two communication roles—communications chair and a social media manager. If you're interested in volunteering for either of these positions, let's chat! Each role requires only a few hours of your time per month and gives you valuable experience.

Contact me for more information at president@tuxedoparkcommunity.ca.

Also, I'd like to thank all the volunteers who worked our casino fundraising event in June. It was a huge success, and we couldn't have done it without you. Thank you!

Enjoy the sunshine and our newly re-opened playground and park, Tuxedo!

Anne Johnson

President



News from the Friends of Nose Hill

by *Anne Burke*

Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

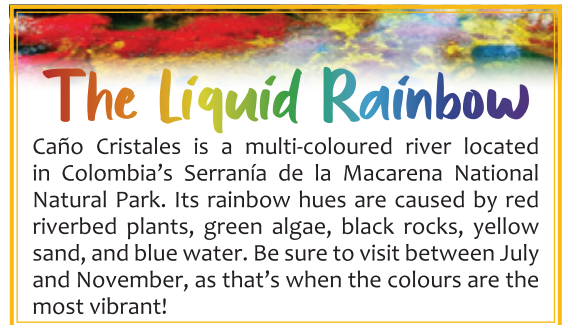
There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.



The Liquid Rainbow

Caño Cristales is a multi-coloured river located in Colombia's Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that's when the colours are the most vibrant!

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: _____

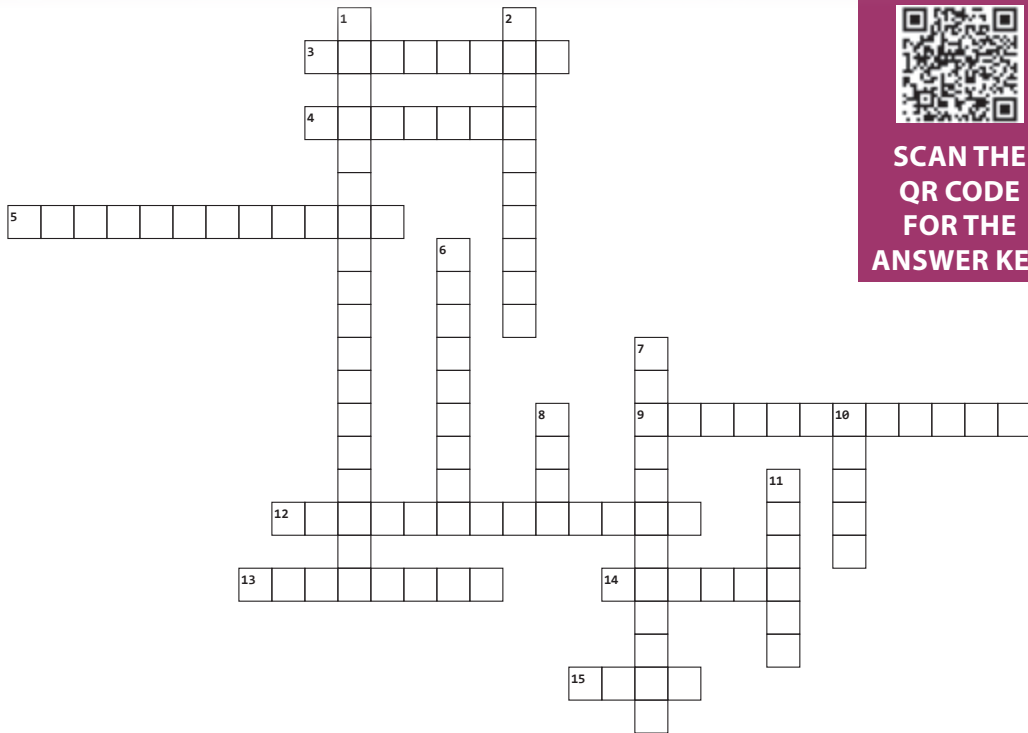
Category (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Low Cost | <input type="checkbox"/> Gluten Free |
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| <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.

July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

Tuxedo Eats!



by Patty

BBQs make for a great opportunity to explore different ways of cooking food, but a lot of the time we leave out the vegetables or they are a bit of an afterthought. If you're not including vegetables in your BBQ repertoire yet, this article is for you! Put down your usual veggie or fruit platter purchased at the grocery store and don't bug your mom for her delightful pasta salad recipe that you enjoyed as a kid because it was loaded with mayo. There is another way for you to rock those veggie BBQ side dishes like a boss.

Next BBQ, razzle dazzle them with your own creation or a twist on your favourite classic. Your vegetarian friends will love you because they get to eat, and your other friends will be impressed and want to pick your brain about the complicated measures it took to create that delicious dish with vegetables. Don't worry my friend, you don't have to be a professional chef to impress. All you need is a little creativity and a knife.

Here are some ideas to dazzle your friends, veggie lovers, and carnivores alike.

Coleslaw: Ditch the mayo and make things interesting with a vinaigrette dressing instead of a creamy one; your vegan friends will love it. All you need is some cabbage, carrots, radish, and maybe some shredded beets. I have even added homemade sauerkraut to mine. It's pretty delicious.

Veggie Kabobs: You could go classic with veggie kabobs but put a spin on it by marinating the veggies in a yummy sauce of your creation. Remember to save some of that sauce to serve on top for an extra kick.

Roasted Brussels Sprouts: All you have to do is roast them in the oven with some balsamic vinegar, sea salt, and pepper. You can also add grapes and walnuts and some Parmesan cheese. Alternatively, you can wrap them in tin foil and stick them right in the BBQ.

Corn on the Cob: Forget boiling or steaming these puppies; add some herbs and spices and place directly on the grill or wrap in tinfoil. Flavours like butter, lemon juice, dill, Parmesan, or even blue cheese are great company. You won't regret it, and neither will your tastebuds.

Potato Salad: Forget the standard potato salad recipe with mayo and yellow mustard. Get creative and daring by using yogurt, garlic, and dill for the dressing. Tired of regular potatoes? Try mixing it up by using sweet potato or yam. The ingredients you already have in your kitchen are endless and so are all the recipes on the internet.

Lettuce: Grill it, do it. Get a head of romaine cut in half lengthwise, throw some flavour on it (spices, oils, cheese) and just go nuts.

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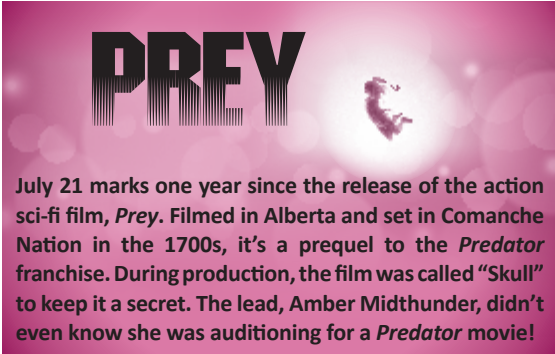
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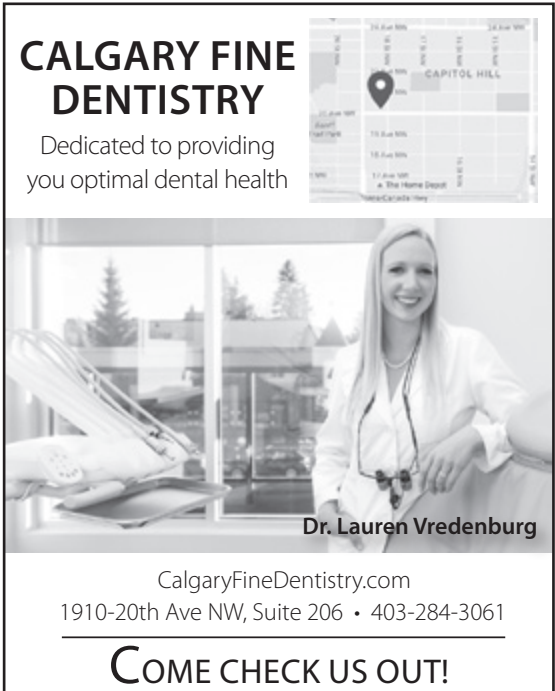
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July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it's a prequel to the *Predator* franchise. During production, the film was called "Skull" to keep it a secret. The lead, Amber Midthunder, didn't even know she was auditioning for a *Predator* movie!



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COME CHECK US OUT!

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

THANK YOU TO ALL OUR VOLUNTEERS



Our casino fundraiser on June 8 & 9th was a huge success and we couldn't have done it without you!



ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for *a* man."





Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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