

NOVEMBER 2023

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TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



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SUBMIT YOUR RECIPE**

Kate McInnis

REAL ESTATE AGENT

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Thank You Tuxedo Park!

Tuxedo, it has been a great pleasure to bring you the news and events over the past three years! We have such a vibrant community. We are very excited to welcome a new Communications Chair and Gazette Editor this month. Stay tuned for more details! While I'm stepping down from the role of Chair and Editor, I'll still be staying on to complete our long-awaited community cookbook. We will be accepting recipes until November 30. So please submit your best before then! You can fill out the form in the Gazette or email your recipe to communications@tuxedoparkcommunity.ca.

Again, thank you so much. This has been a wonderful experience. If you have ever thought of volunteering for TPCA, now is the perfect time!

Meredith Petrie

Communications Chair and Gazette Editor (2021 - 2023)

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Tuxedo Park Community Association



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www.facebook.com/tuxedoparkcommunity
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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.



SCAN HERE TO VIEW ADDITIONAL TUXEDO PARK CONTENT

News, Events,
& More



Crime
Statistics



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PRESIDENT'S MESSAGE

Happy November, Tuxedo! Now that we've celebrated another Halloween and tucked away our patio gear, it's time to look forward to the holiday season and make plans for the New Year. That will be so much easier for the TPCA thanks to the new volunteers who have stepped forward to join our board. It's great to be working with neighbours who are interested in making a real difference in our community.

We still have board and committee positions available and are always looking for event help! If you'd like to get involved, email me and we can find great ways for you to engage with Tuxedo.

I'd like to thank the residents who border our park. We know the dry pond construction took much longer than anyone thought it would and you were disproportionately affected. The city only has one section left to complete in the spring — the installation of 6 beautiful beach volleyball courts on the NE corner! We can't wait to welcome this fantastic asset to our community! Beach volleyball is a growing sport in Calgary, and we know players are going to appreciate our park.

Our Parks committee will continue to share news about this last piece of construction with you as it becomes available. Make sure to follow us on our social media channels and our website to get all the latest updates!

facebook.com/tuxedoparkcommunity.

instagram.com/TuxedoParkYYC/.

www.tuxedoparkcommunity.ca.

Anne Johnson

president@tuxedoparkcommunity.ca.

Tuxedo School Site Survey - We Need Your Opinion!



The Tuxedo Park school site located on 28th Ave NE between Centre Street and 1st Street NE has been acquired by the City of Calgary from the Calgary Board of Education. In an effort to advocate on behalf of our community needs and have a voice come development time, the TPCA would like to survey the neighbourhood to gather information on what residents and neighbours would like to see in place of the old school.

Please take a few minutes to help us have a voice. You can complete the survey by visiting www.tuxedoparkcommunity.ca (home page) or by scanning the QR code. If you have any concerns with the current state of the old school, please submit calls/tickets to 311.



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Tuxedo Park is Getting a Cookbook!

Please submit your recipe before November 30, 2023 to get in the community 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: _____

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

Tuxedo Park Classes and Events

Walk15 Fitness

Walk15 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. You'll be led by a Master Walk15 Instructor who will coach you along the way for your comfort and safety. Come walk with us!

Upper Hall.

Date: Mondays.

Time: 9:00 to 10:00 am.

Cost: Free for members.

TPCA Seniors Fitness with Pat begins again October 2!

Join this gentle, guided fitness class to get moving, have fun, and get to know your neighbours!

Upper Hall.

Date: Tuesdays.

Time: 10:30 to 11:30 am.

Cost: Free, all are welcome, space is limited.

Arrive 10 mins early to sign waiver.

Instructor/Host: Pat.

2024 Vision Board Class

Armed with stacks of magazines, inspiring images, quotes, and colourful crafting materials, you'll then embark on the exciting process of creating your vision board. This collage of your dreams and aspirations will serve as a powerful visual reminder of your goals and a constant source of motivation and inspiration.

Lower Hall.

Date: Saturday, January 27, 2024.

Time: 5:00 to 8:00 pm.

Instructor/Host: Jenn Aguilar of Flipp Appeal Designs.

Valentines Cookie Decorating Class

In this hands-on workshop, kids will be provided with freshly baked cookies and an array of colourful, edible decorations like icing, sprinkles, and other decorations. Our instructor will guide the children through various decorating techniques, from simple designs to more intricate patterns, allowing their imaginations to run wild.

Lower Hall.

Date: Sunday, February 11, 2024.

Time: 3:00 to 5:00 pm.

Cost: \$35/child, includes all supplies.

Instructor/Host: Jenn Aguilar with Flip Appeal Designs.



News from the Friends of Nose Hill

by Anne Burke

In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 350 generations. There are clues about their way of life from remains of the prehistoric past, such as tools, 10 campsites, a kill site, and a "cairn" or stone pile. Pre-contact cairns were used as small game traps, navigation markers, flagging for drive lanes, and burials.

Nose Hill has 18 known sites which contain stone circles from tipi lodges and cooking circles or a central hearth. Fire-broken or cracked rock is a by-product of stonepit boiling. The tipi covers and liners were held down by rocks from the tipi circles. The distribution and weights along the circle are a means of determining the season of use. It is presumed to be a shorter period based on the Nose Hill uplands, where tipi lodges are back from the escarpment edges or in depressed areas, so they were probably meat camps or transitory travel camps. People likely lived there in the early spring for the hunting of individual bison. There are more than 90 rings. The size of the lodge group can be estimated by the size of the ring. Given the number of skins and poles for a tipi, we learn about a group's transportation method. The number and distribution of the rings within a group reveal the size of a larger social group. Isolated rings, even when found in groups, may be vision quest sites.

Read more Uncovering Human History: Archaeology and Calgary Parks at: www.calgary.ca/parks/history.html.

TPCA Seeks Yoga Instructor

Do you love the idea of building up your own yoga practice? Are you passionate about yoga and connecting with the community? Well, we might just be the perfect match!

We are looking for a qualified, kind, and outgoing yoga instructor to teach on Monday nights (schedule could be flexible), someone who can lead fun and calming sessions for our diverse group of participants. You will be responsible for designing and delivering classes that are safe, challenging, and motivating.

This is a paid position, for one to two hours a week, with an expected start date of January 1, 2024.

If this sounds like you, please email your qualifications and a bit about yourself to: gm@tuxedoparkcommunity.ca.

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Tuxedo Eats!

by Patty

Winter is here and that means soup season! Can you guess what one of the easiest ways to make soup is? With your slow cooker aka, the ol' crock pot! There are so many benefits of using your slow cooker, here are just a few reasons to start a steamy love affair with your crock pot.

Nutrition

The lower temperature cooking helps preserve nutrients that can be lost when food is cooked rapidly at high heat, which can happen often on your stove, especially if it's electric. Using a crockpot is also a great way to experiment with fresh local produce to let their flavours and nutritional value shine through.

Cost effective

No matter what walk of life you are on, all of us can benefit from saving some cash. Using your slow cooker is cost effective in so many ways. My favourite is to make large portions and freeze them for future meals. Saving money can be pretty delicious.

Time management

Who doesn't need more time during the day to get stuff done? Cooking is one of my favourite pastimes but even I sometimes can't find the time to whip up something delicious from scratch, and slow cooking helps me to be creative in a different way that a stovetop does and it's so easy and fast. I have so much time to do so many other things while I just wait for the crockpot to do its thing. Time used wisely and effectively!

Easy Clean up

If you hate doing dishes, then this is a great option for you. Reap the benefits of using cooking with little to no clean up! Most recipes only require dicing, chopping and placing ingredients into the crockpot and setting the timer. All you have left is to wash that knife and rinse that chopping board and just wait.

Lower energy usage

Using your slow cooker will use less energy than your electric stove. This is a great easy way to go a little green in your household, it's always a good time to get sustainable!

Slow cooked Yam and Potato Curried Soup (vegan)

1 large yam, peeled and cut into small pieces.

5 small potatoes, peeled and cut into small pieces.

½ white onion, finely chopped.

4 cloves crushed garlic.

1 tbsp coconut oil.

2 cans of coconut milk.

2 tbsp apple cider vinegar.

1 tbsp yellow curry paste.

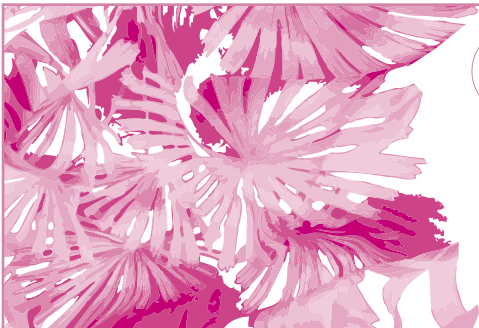
½ tsp cumin seed.

½ tsp mustard seed.

Chili Powder.

Salt and Pepper to taste.

1. Combine all ingredients into the slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
2. Be sure to check in once and a while and stir.



Google Images

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

**BRAIN
GAMES**

SUDOKU

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		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
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Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



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