TUXED PARK GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER







403.560.2166 connectgroupcalgary.com

NICK J.M. PROFETA | HEATHER PROFETA | PATRICK E. HARE | ALBERT MAH | RYAN SCEVIOUR



Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm Hillhurst-Sunnyside Community Centre 1320 - 5th Avenue NW



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information: samaritanclub.ca All proceeds will benefit Calgarians in need



No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













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Tuxedo Park Community Association



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Hall Rentals	Violeta Vasquez	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.



SCAN HERE TO VIEW ADDITIONAL TUXEDO PARK CONTENT

News, Events, & More Crime Statistics

Real Estate Statistics **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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PRESIDENT'S MESSAGE



Now that school's back in session, your TPCA board of directors is back to work, too! We're happy to be meeting once again and welcoming new board members to our ranks. We have a lot to work to do with new developments in

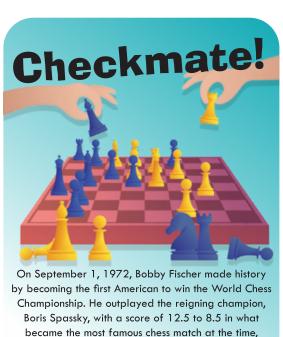
our community, new opportunities for programming, fun events, arts installations, and a casino fundraiser on the horizon.

Would you like to be a part of the action? We still have a few board seats available; email me today to find out more!

Anne Johnson

president @ tuxed op ark community. ca.





capturing the world's attention!

Kids' Tennis is Back!

TPCA and Calgary Tennis Society (CTS) are happy to bring kids' tennis back to Tuxedo Park!

(CTS) is a not-for-profit society which delivers tennis programs with a mission to make tennis more accessible, inclusive, and affordable for underrepresented communities.

Youth programs (ages five to nine) start on Wednesday, September 11, 2024, and run to December 11, 2024, in the Upper Hall. Classes will be Wednesday nights from 5:30 to 6:30 pm.

CTS works with qualified coaches and your kids will be sure to have fun and learn the wonderful game of tennis!

Rates are \$210 for 14 sessions, low coach to athlete ratios. Funding is available via Kidsport for low-income families, CTS will help applicants with this process if needed.

- Date: Wednesday, September 11 to December 11, 2024
- Time: 5:30 to 6:30 pm
- Location: TPCA Upper Hall
- · Cost: \$210 per child

Register now: https://www.calgarytennissociety.org/programs.

For more information contact CTS at contact@ calgarytennissociety.org or 403-870-8952.



Cleaning Services Mat Rentals **CALGARY MAT &** ☑ Dry Cleaning ☑ Standard **LINEN SERVICES** ☑ Tablecloths ✓ Waterhog ☑ Napkins ☑ Scraper ☑ Table Skirts ✓ Logo ☑ Chair Covers **Paper Products** Pick-Up & Drop-Off ☑ Massage Sheets ☑ Tork Dispensers ☑ Face Cradles ☑ Paper Towel ☑ Gym Towels ☑ Centre Pulls ☑ Face Cloths ☑ Toilet Paper ☑ Chef Coats ✓ Facial Tissues ☑ Coveralls ☑ Microfibre Cloths ☑ Dish Rags calgarymatandlinen.com | 403-279-5554

Tuxedo Park Artists' Corner: An Outlet Meant to Inspire

We know that Tuxedo Park is filled with creativity and this corner of the *Gazette* is meant to showcase all that the community has to offer! Whether it is a quick seasonal sketch, a meaningful poem or a photograph taken around the community, we want to see all that your talent has to offer in this quarterly feature. All ages are welcome!

If you are interested in participating, please:

- Let your imagination run free; we want to be inspired!
- Scan a digital copy of your artwork in a JPEG format.
- Send to communications@tuxedoparkcommunity.ca.
- Include your name, age and a brief description about your art.
- If you are under the age of 16, please make sure you have permission from your parents or guardians to share your creation.

If you enter, you will have the chance to be featured here in print in the monthly newsletter and on our social channels. We are excited to see what you come up with!



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

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 minutes early to sign waiver.

Instructor/Host: Pat.

GAMES & PUZZLES

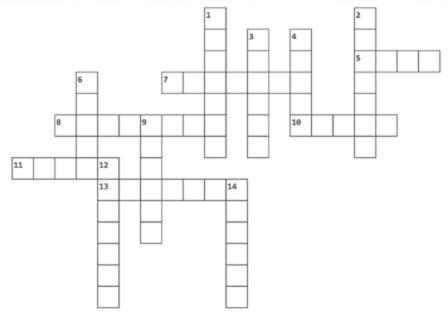
Guess the Musician!

- 1. This individual holds the Guiness World Record for best-selling solo artist.
- 2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
- 3. On his debut album, this musician is said to have played 27 different instruments.
- 4. At 1,560 words, this artist has the most words spoken in a single song.
- 5. This famous musician's stage name came from a popular song by the band 'Queen'.
- 6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.





September Crossword



Across

- 5. The first _____ Hour movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
- 7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
- 8. The birthstone for September, the _______, symbolizes royalty and nobility.
- 10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
- 11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
- 13. On September 1, 1905, _____ was officially declared a Canadian province.



Down

- 1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavík, Iceland.
- 2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
- 3. On September 29, 1962, ______ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
- 4. One of September's birth flowers, the comes from the Greek word for star.
- 6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
- 9. September 22 is ______ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
- 12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
- 14. The Blind Assassin by Canadian author Margaret , was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.

YOUR CITY OF CALGARY

What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



Rent the Tuxedo Park Hall

Have an upcoming birthday party, meeting, or celebration? Our Hall has been updated and ready to host you and your quests!

At full capacity our Upper Hall can fit 150 people. It has a bar, a full kitchen, rectangular, round, and cocktail tables, and new grey banquet chairs. Our prices are very affordable and it's a great, central location.

Our Lower Hall is bright and modern and fits 50 people at full capacity.

Both spaces have modern wood flooring and modern paint colours.

Spaces are great for weddings, family gatherings, birthday parties, anniversary events, training events and all those social events that we have missed so much of!

For more information contact our Hall Manager at hallrentals@tuxedoparkcommunity.ca or call 403-277-8689 or visit www.tuxedoparkcommunity.ca/hall-rentals.





Do You Remember?

Do you remember the 21st night of September?

Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!



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BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

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TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.



Work Opportunities

Unemployment in Calgary continues to rise, but many do not know where to start the job search, especially if they are looking to change careers. Our local economy benefits when those looking to fill jobs get connected with the right people.

Whether you are in need of a job, or simply looking to shift direction into a new career, the federal government's Job Bank is a great place to start. Simply visit www.jobbank.gc.ca. You can also download the app for use on your phone and use the alert system to highlight new opportunities as they happen.

The Job Bank allows you to search for jobs under many different criteria. Currently, there are more than 10,000 jobs listed in Calgary alone. More than half of them pay over \$40,000 per year and about 15% of them pay over \$60,000 per year. It should be noted that about 90% of these jobs are permanent positions and have been verified.

You can search for jobs by location, pay rate, job type, language, contract length, or by employer. You can also search for employment opportunities that are targeted to certain employment groups like veterans, persons with disabilities, youth, mature workers, and Indigenous people.

In addition, the website has a number of career planning tools and lots of labour market information. This allows you to see the skills/education/certification needed and the types of wages being offered for particular jobs here and across Canada. This also allows you to know if the wage you are being offered is competitive or not.

Finally, it is worth mentioning that employers can list on the Job Bank for free. By posting your employment opportunities here, you will ensure a wide audience on a reputable website which will help you recruit the best talent available for your business.

Give it a try!



by Anne Burke

The BiodiverCity Advisory Committee advises the City about urban biological diversity in the natural world in all its forms. The aim is to advance a Plan based on The Durban Commitment: Local Governments for Biodiversity. The City must work toward better protection of natural area biodiversity and has introduced targeted grazing, naturalization, and the elimination and prevention of invasive plant species. While the City has developed certain policies and procedures, the Advisory Committee continues reviewing City initiatives impacting biodiversity and measures their progress against the City's strategic plan.

The Advisory Committee reports to the Community Development Committee and to City Council when it provides an annual progress report. The Committee has 15 members appointed by Council, ten from the public with specialized knowledge and relevant experience, including one youth (18 to 30) and five staff from specific departments who meet regularly in person (or join online). Meetings are open to the public. However, despite many accomplishments, the mandate to engage Council as citizen scientists who make recommendations has proven to be difficult.

The Committee struggled in past years to gain their attention and staff time is limited. Now even the status of the Committee is in doubt. With the end of the Calgary ten-year Biodiversity Strategic Plan (2015-2025), City Council voted to dissolve the Committee next year on what will be its 10th anniversary. ("2024 Annual Update from Boards, Commissions, and Committees") An option to collaborate with the Anti-racism Committee, regarding access to natural areas, was put on hold to explore the merger of the BiodiverCity Advisory Committee with the Climate Advisory Committee. Nevertheless, the members are preparing a full and final report for 2025. Past reports are available at www. calgary.ca/committees/biodiversity-advisory.html.

Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

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