

AUGUST 2016

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER

**TUXEDO PARK
PROGRAMMING
SOMETHING FOR EVERYONE!**



TUXEDO PARK MEMBERSHIP

Please check one: New Member Renewal
 Type of Membership: Family \$20.00 (max. 2 adults with children) Individual \$10.00

Family Name: _____

Adult 1: _____ Email: _____

Adult 2: _____ Email: _____

I DO want to receive emails from TPCA regarding programs, events, and community information.

of Children / Youth
(under 18 yrs. old)

1 st Child / Youth Age	2 nd Child / Youth Age	3 rd Child / Youth Age	4 th Child / Youth Age	5 th Child / Youth Age

Telephone: _____ Address: _____

Payment Method: CASH ONLINE CHEQUE Received / Date: _____ Entered: _____

Personal information collected by TPCA will be kept confidential and will not be used or disclosed to third parties.



Community Babysitting Providers:

Lynn R. 403-229-1691
Has Red Cross Babysitters and CPR.

Josie 587-228-4608
Daughter has Babysitters Course.

Marilyn 403-295-0304
Mature woman would enjoy babysitting babies up to 2 years of age.

Sam R. 403-988-7507
Daughter has taken Babysitters Course.

Susan G. 403-542-1213
Son has taken Babysitters course.

Chrystina L 403-244-2418
son and daughter have babysitting course.

Kristina. 403-690-2572
Adult woman, provides childcare evenings and weekends. Enjoys doing crafts with kids.

Parents: *If your child, or children, have babysitting experience and would like to be in our babysitting registry, please contact Chrystina at 403-244-2418 or volunteer@tuxedoparkcommunity.ca.*



Tuxedo Park Community Association

202 - 29th Avenue NE
 Calgary, AB T2E 2C1
 Phone: 403-277-8689
www.tuxedoparkcommunity.ca
www.facebook.com/tuxedoparkcommunity
www.twitter.com/tuxedoparkyyc

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www.twitter.com/tuxedoparkyycc

EXECUTIVE BOARD

President	Chrystina Lusney	president@tuxedoparkcommunity.ca volunteer@tuxedoparkcommunity.ca
Past President	Tammy Maloney	403-831-4503
Vice President	Anne Johnson	tuxedoeditor@gmail.com
Treasurer	Arsheel Hirji	403-650-2742 treasurer@tuxedoparkcommunity.ca
Secretary	Kent Vuong	kentvuong@gmail.com

GENERAL DIRECTORS

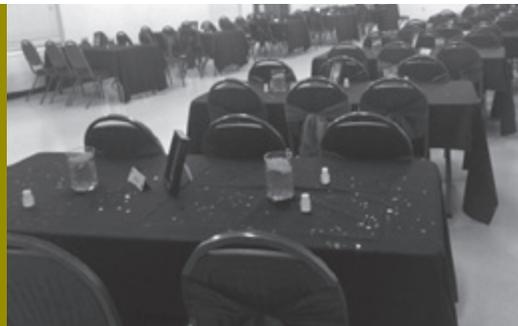
Arnie Brownlees	Lin Akkad
Sarah Justinen	Albert Nguyen

COMMITTEE CHAIRS

Communications	Lin Akkad	communications@tuxedoparkcommunity.ca
Newsletter Editor	Anne Johnson	tuxedoeditor@gmail.com
Facilities	Arsheel Hirji	403-650-2742 treasurer@tuxedoparkcommunity.ca
Finance	Arsheel Hirji	403-650-2742 treasurer@tuxedoparkcommunity.ca
Membership	Karen Jiang	403-605-6633 membership@tuxedoparkcommunity.ca
Social and Fundraising	vacant	
Traffic / Development	Darren Rempel	403-771-7154 planning@tuxedoparkcommunity.ca
Volunteer Coordinator	Chrystina Lusney	volunteer@tuxedoparkcommunity.ca
Hall Manager	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. All community residents are welcome to express their concerns, meet some of your neighbours, or sit in and hear what's happening in and around your community.

Hall Rentals: communications@tuxedoparkcommunity.ca



A Summer of Great Tuxedo Park Events

The Tuxedo Park Community Association would like to thank all the volunteers who worked so hard help us host two great events this year. Without your support, elbow-grease and smiles, our Neighbour Day Flea Market and Canada Day celebrations just wouldn't have been the same! From our volunteer coordinator Christina Baer, to our perennial pancake flippers Pat, Glenda, Steve, and Glen, our volunteer photographer Albert Nguyen, to our board members and community volunteers—days like these are made by people like you. A special thank you also goes out to our Tuxedo Park businesses who stepped up with extra volunteers, donations, swag, and even popcorn—First Calgary Financial (16th Avenue branch), Starbucks (Center Street and 9th Ave), Telus, and the City of Calgary Fire Department.



PRESIDENT'S MESSAGE

Summer is here! Most definitely my favourite time of year. Tuxedo just revelled in an amazing flea market Neighbour Day in June and had off the charts attendance at our Canada Day breakfast! Together, with these two amazing events Tuxedo Park raised \$768.50 in donation for the Red Cross. Thank you, Tuxedo!

What is bringing people out? I think everyone is getting more and more interested in local.... More interested to come out and mingle in the best neighbourhood Calgary has to offer. As I walked home from the breakfast, I was overcome with the amount of spirit that people have for Canada, and for Tuxedo!

Thanks for joining us, for sharing your ideas and opinions, for laughing and having a good time when we have an event in Tuxedo. Hope to see you next time!

*Chrystina Lusney
 President, TPCA*

Clothesline

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit www.diabetes.ca/clothesline.



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Tuxedo Park's After School Program

The City of Calgary presents a FREE program for ages 6 – 12. Tuxedo Calgary After School Program focuses on developing friendships, supporting positive self-esteem, and increasing self confidence. The program is supervised by trained and qualified City of Calgary Recreation Leaders who build strong relationships with participants by providing fun and interactive activities. During program, participants will play games, learn how to make a variety of crafts and have fun!

Location: 202 29th Ave. N.E. (Tuxedo Park Community Association)

Days: Tuesday & Thursday

Time: 4:15 – 6:00 p.m.

Dates: Sept 20, 2016 – May 25, 2017

Ages: 6 – 12

For further information or to register, contact:

Brooke Rommens

403-476-7224

Brooke.rommens@calgary.ca

tuxedoeditor@gmail.com

Editorial Content DEADLINE 10TH

of each month for the next month's issue

TUXEDO PARK EVENTS

TPCA General Board Meeting: Thursday, September 8, 7pm

Programs at the Tuxedo Park Hall:

Monday Night Yoga with Steph 6-7pm (Free!)

English Speaking/Listening Classes: Thursdays 3-5pm (Free!)

After School Program (ages 6-12): Tuesdays and Thursdays 4:15pm-6pm, September 6-May 25 (Free!)

Qi Gong: Wednesdays 9am, starting September 7 (by donation)

Broadway Kids Drama Class: Wednesdays, starting September 14 (\$25/class)

Broadway Littles (4-6-year-olds) 5:30 pm - 6:00 pm

Broadway Kidlets (6-9-year olds) 6:00 pm - 7:00 pm

Broadway Bigs (10+ years old) 7:00 pm - 8:00 pm.

Call Shannon at 403-277-8689 or email hallrentals@tuxedoparkcommunity.ca for more information or to register for any of these great, free programs at the Tuxedo Park Community Hall.

Improve Your English Listening and Speaking Skills

Practice English in conversation for FREE!

Thursdays 3-5pm

Tuxedo Park Community Hall (upstairs)

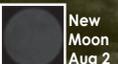
Contact Vi Kopp

403-475-6504

vikopp@shaw.ca

This is an Elder Service Corps Project supported by CARYA (formerly Calgary Family Services).

AUGUST MOON CALENDAR

 New Moon Aug 2	 First Quarter Aug 10	 Full Moon Aug 18	 Last Quarter Aug 24
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News from the Friends of Nose Hill

by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: calgaryplaygroundreview.com/nose-hill-park. In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPS/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

The program was replaced with two new programs. The Green Leaders program for community volunteers pro-

vides oversight to doing projects in the community to enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged but also respond to the community desire to continue to care and have pride in their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body

length in a single bound (that would be

600 feet high for a human). A

manufacturer has produced

a near-perfect rubber

with 98 percent

resiliency which

could improve the

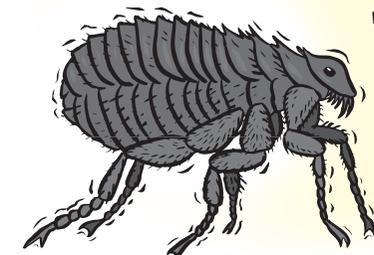
responsiveness

from heart valves

to the bounciness

of running shoes.

Discovery Magazine





Broadway Kids Drama Classes Coming to Tuxedo Park

Starting in September, the Tuxedo Park Community Association will be rolling out the red carpet at Tuxedo Park Community Hall for the launch of the Broadway Kids Drama Class program. Students will have the opportunity to grow their self-confidence, promote their capacity for imaginative and creative thought and develop a respect for others by acting out and reflecting on dramatic situations in class.

The program will run every Wednesday between September 14 and December 7, 2016, with Broadway Littles (4-6-year-olds) taught between 5:30 pm - 6:00 pm, Broadway Kidlets (6-9-year olds) taught between 6:00 pm - 7:00 pm and Broadway Bigs (10+ years old) taught between 7:00 pm - 8:00 pm.

The cost to enroll is only \$25 per child for Tuxedo Park Community Association members (\$35 for non-members) and children can be registered for Broadway Kids Drama Classes via email or by phoning 403-277-8689. Online registration will also be available on the Tuxedo Park Community Association website by the end of August.

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 the Tuxedo Park Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Tuxedo Park Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

Spring Forest Qigong in Tuxedo Park

Qigong (chee gong) is a simple, efficient, and effective method for helping you experience your optimal health, wellness, and happiness; helping you heal physical and emotional pain; and helping you enhance the quality of your life and the lives of others.

The goal of SFQ is to enhance the quality of your life by teaching you ways to open your energy channels and maintain balance. Remove the imbalance, and you remove the pain.

The SFQ method is simple and easy to learn. It is comprised of four parts that all work together:

- Breathing
- Gentle Movements
- Mental Focus
- Sound

Here is what Medical professionals say about Qi gong practice:

"I'm convinced that we will see important evidence that (Qigong) is a strong and critical alternative or complementary therapy for humans in the maintenance of health and even in the stabilization of disease."

- Neil Kay, M.D., Prof. of Medicine, Mayo Clinic College of Medicine

Come and experience qi gong practice
Where: Tuxedo Community Hall
When: 9am on Wednesdays (starting from September 7)
Cost: by donation



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain



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Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at www.lenwebber.ca.

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit www.canadabenefits.gc.ca and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

THE CONTRACTOR YOU'VE BEEN LOOKING FOR: Y.E.S. Contracting is your easy solution. Knowledgeable and reliable, licensed, registered and insured. No projects too big or too small. Book now to get your electrical, plumbing and general projects completed! Carl 403-671-4714.

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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Tuxedo Park Real Estate Update

Last 12 Months Tuxedo Park
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$479,900.00	\$467,500.00
May 2016	\$0.00	\$0.00
April 2016	\$439,900.00	\$433,000.00
March 2016	\$519,950.00	\$512,500.00
February 2016	\$759,900.00	\$727,500.00
January 2016	\$447,450.00	\$417,500.00
December 2015	\$555,000.00	\$520,000.00
November 2015	\$549,900.00	\$524,000.00
October 2015	\$434,900.00	\$428,000.00
September 2015	\$714,450.00	\$687,500.00
August 2015	\$624,000.00	\$600,000.00
July 2015	\$449,500.00	\$438,000.00

Last 12 Months Tuxedo Park MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2016	9	5
May 2016	9	0
April 2016	6	5
March 2016	5	2
February 2016	8	2
January 2016	2	2
December 2015	2	1
November 2015	5	5
October 2015	4	1
September 2015	1	4
August 2015	8	6
July 2015	5	7

To view the specific SOLD Listings that comprise the above
MLS averages please visit tuxedo_park.great-news.ca

STEP INTO SUMMER

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



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403.668.6402
A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

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& ASSOCIATES
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