

FEBRUARY 2023

DELIVERED MONTHLY TO 3,575 HOUSEHOLDS

# TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER

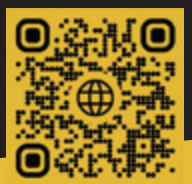


**CHECK OUT ACTIVITIES  
AND EVENTS ON PAGE 5**



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cambridge@theBSF.ca  
www.CambridgeManor.ca



## Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

**To discover more, please contact us!**  
email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)  
[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

*Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies, Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations*





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## WE ARE LOOKING FOR VOLUNTEERS TO FILL THE FOLLOWING ROLES:

General  
Directors

Facility  
Committee  
Chair

Treasurer

If you are interested in applying or have any questions, please contact  
[pastpresident@tuxedoparkcommunity.ca](mailto:pastpresident@tuxedoparkcommunity.ca)



**THANK YOU!**

# Tuxedo Park Community Association



202 - 29 Avenue NE  
Calgary, AB T2E 2C1  
Phone: 403-277-8689

[www.facebook.com/tuxedoparkcommunity](https://www.facebook.com/tuxedoparkcommunity)  
[www.twitter.com/tuxedoparkyyc](https://www.twitter.com/tuxedoparkyyc)

## EXECUTIVE BOARD

President	Julien Poirier	<a href="mailto:president@tuxedoparkcommunity.ca">president@tuxedoparkcommunity.ca</a>
Past President	Anne Johnson	<a href="mailto:pastpresident@tuxedoparkcommunity.ca">pastpresident@tuxedoparkcommunity.ca</a>
Vice President	Vacant	
Treasurer	Vacant	
Secretary	Lin Akkad	

## GENERAL DIRECTORS

Lin Akkad, Patty Javier Gomez, Amy Lu, Arnie Brownlees

## COMMITTEE CHAIRS

Communications and Gazette Editor	Meredith Petrie	<a href="mailto:communications@tuxedoparkcommunity.ca">communications@tuxedoparkcommunity.ca</a>
Facilities	Vacant	
Membership and Crime Prevention	Vacant	
Social	Marina Kerr	<a href="mailto:social@tuxedoparkcommunity.ca">social@tuxedoparkcommunity.ca</a>
Traffic/Development	Arnie Brownlees	<a href="mailto:planning@tuxedoparkcommunity.ca">planning@tuxedoparkcommunity.ca</a>
Volunteers	Vacant	
General Manager	Shannon Bowen-Kelsick	<a href="mailto:gm@tuxedoparkcommunity.ca">gm@tuxedoparkcommunity.ca</a>
Hall Rentals	Shannon Bowen-Kelsick	<a href="mailto:hallrentals@tuxedoparkcommunity.ca">hallrentals@tuxedoparkcommunity.ca</a>

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](mailto:president@tuxedoparkcommunity.ca). For Hall rentals, email [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca).



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Tuxedo Park  
Content**

INCLUDING

- ▀ *News and Events*
- ▀ *Real Estate Statistics*
- ▀ *Crime Statistics*

and more...

## PRESIDENT'S MESSAGE

I sometimes wonder if there is a better way to converse with the community, however, I know people do read the Tuxedo Park Gazette! How do I know? It's the conversations I have at the barbers about the dry pond work being almost done and chatting with those who have been in the community long enough to know about the high-water table. It's the comments that they noticed on the cover (not Santa, but the other guy).

And while the Gazette always holds a special place in my heart, there are more ways to get to know your community association. For example, you can come to our general meetings; they are open to everyone and are a great way to know your community better. They take place the second Thursday of the month at 7:00 pm in the lower hall. Come say hi!

### Winter Activation

Here in February, we are now in what I consider the best part of winter. The days are slightly longer, and the sun slightly higher, and the snow still blankets the ground. And with our chinooks, a brief reprieve from the cold makes getting outside easier. What drives you to get outside in winter?

With the greenspace at Tuxedo Park almost finished (have you noticed the new outdoor lights?), we can now start thinking out how to make the most of it in the winter. A firepit? A return of the outdoor ice sheet? Is it a casual get together or an event with the promise of hot chocolate? We'd like to know as the Tuxedo Park Community Association would like to help see our community outside next winter. Please share your thoughts on any of our social media channels or by emailing me directly at [president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca).

Wishing you all a wonderful month ahead!

*Julien Poirier*

President, Tuxedo Park Community Association

[Facebook.com/tuxedoparkcommunity](https://www.facebook.com/tuxedoparkcommunity)

Instagram @tuxeoparkyyc

Twitter @TuxedoParkYYC



## February 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](mailto: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](http://www.tuxedoparkcommunity.ca/membership).



# COLOURING PAGE



## NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

# 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](mailto: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.**

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or a ‘heavy’ sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It’s easy and could make a significant difference in the outcome of someone experiencing a heart attack.



## Tuxedo Park Real Estate Update

Last 12 Months Tuxedo Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$499,000	\$480,000
November 2022	\$512,000	\$494,000
October 2022	\$477,450	\$470,000
September 2022	\$317,400	\$317,444
August 2022	\$460,000	\$455,000
July 2022	\$574,900	\$557,000
June 2022	\$612,450	\$612,700
May 2022	\$629,900	\$610,000
April 2022	\$664,900	\$675,000
March 2022	\$624,900	\$644,950
February 2022	\$484,900	\$496,000
January 2022	\$518,800	\$518,000

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

	No. New Properties	No. Properties Sold
December 2022	7	7
November 2022	9	8
October 2022	8	8
September 2022	9	4
August 2022	9	7
July 2022	13	7
June 2022	12	12
May 2022	24	11
April 2022	15	16
March 2022	25	26
February 2022	27	21
January 2022	16	13

To view more detailed information that comprise the above  
MLS averages please visit [tuxe.mycalgary.com](https://tuxe.mycalgary.com)



# THE WINSTON<sup>™</sup> GOLF CLUB

The Turf Care department at **The Winston Golf Club** is now hiring for the upcoming golf season. The Winston Golf Club is one of the oldest golf courses in Calgary, just minutes away from the heart of downtown.

If you are an energetic individual who enjoys working outdoors, we may have a position for you on our team. All positions require the availability to work early mornings and weekends. Both full-time and part-time positions are available. Retired and semi-retired individuals are welcome. These positions are seasonal, with employment commencing approximately the beginning of April, and completing at the end of October.

The Winston offers a professional and enjoyable working environment, free golf privileges, and pro-shop and meal discounts.

Contact [csteiner@thewinstongolfclub.com](mailto:csteiner@thewinstongolfclub.com) if you are interested in joining our team.

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**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](http://www.communitymediation.ca), 403-269-2707.

## BRAIN GAMES

# SUDOKU

3		4	1					
			5		2	6		7
			9			4		
9			4				1	
6	5			1			7	4
	3				8			9
		9			5			
5		3	2		1			
					4	1		3

FIND SOLUTION ON PAGE 11

### CHECKLIST

## 9 PM ROUTINE



CALGARY  
POLICE  
SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

by Patty

The heart is a vital organ. Without it, many functions in the body would simply not take place. It provides the body with oxygen and nutrients, and it helps in the removal of waste from the body. Heart disease has become the leading cause of death in countries such as the US, with evidence directly related to unhealthy lifestyle choices and poor diet. These factors put people at risk of developing heart disease as early as age 20. There's no time like the present to take action to protect the health of your heart by educating yourself on the risk factors affecting heart health. Consider the following;

- **Smoking:** On top of causing cancer, smoking affects the arteries that supply blood to your heart and other parts of your body; it also reduces the amount of oxygen in your blood and damages the walls of your arteries.
- **High Cholesterol:** When you have too much bad cholesterol (LDL) this causes fatty material to gradually build up in coronary arteries, making it harder for blood to flow through them. It is mainly caused by eating foods high in saturated and trans fats.
- **Lack of Exercise:** Regular exercise is not only great for the health of your heart and your overall wellbeing, but it will give you more energy, lower your blood pressure, help achieve a healthier blood cholesterol level, make your bones and muscles stronger, and make you feel more confident, happy, and relaxed!
- **Family History:** Although this does not seal your fate, it is important to reduce or remove your other risk factors. For example, limit the amount of saturated and trans fats that you eat, be smoke-free, and lead an active, healthy lifestyle.

## Nutrients and Vitamins for Your Heart

Getting your nutrients from a whole foods diet is always best, but there are times when your body needs that extra umph to get back on the right track. When taking any supplements, be sure to speak with your doctor, especially if you are taking any kind of prescription medications.

- **Phytosterols** are plant sterols that chemically resemble cholesterol — and seem to reduce blood cholesterol. All nuts and seeds, including wheat germ, have phytosterols.
- **B-complex vitamins** like vitamin B-12 (folate) and vitamin B-6, protect against blood clots and atherosclerosis, or hardening of the arteries. Niacin (vitamin B-3) helps increase HDL “good” cholesterol.
- **Vitamins C and E** are antioxidants that protect cells from free radical damage.
- **Magnesium, potassium, and calcium** can help lower blood pressure.
- **Fibre** rich foods help lower cholesterol levels.

## Heart Loved Foods

Adding the following foods to your diet on a regular basis will help keep your heart healthy and functioning at it's very best.

- **Kale:** Full of flavonoides, omega 3s, and vitamin K, which are all anti-inflammatory.
- **Omega 3s:** Wild local salmon, flaxseeds, flaxseed oil, walnuts, sea vegetables like dulse, arame, nori.
- **Nuts:** Lower cholesterol and are a good sources of fibre.
- **Garlic:** Slows hardening of the arteries and helps lower blood pressure.
- **Lentils:** Help lower homocysteine levels, increases blood flow and oxygen.
- **Berries:** Rich in fibre, antioxidants, full of beta-carotene, carotenoids, vitamin C, folate, magnesium, potassium.
- **Whole Grains:** Brown rice, quinoa, buckwheat, millet, barley, etc. are all loaded with fibre.

## “Pimp my Salmon” Recipe

### Marinade Ingredients:

- 1 scallion, minced
- 2 tablespoons tamari sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- Juice of one lemon
- 3 cloves garlic

### Preparation:

1. Whisk ingredients in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, or glass container. Add 3 to 4 tablespoons of the sauce and refrigerate; let marinate anywhere from 15 minutes to an hour. Reserve the remaining sauce.
2. Broil the salmon 4 to 6 inches from the heat source until cooked through for 6 to 10 minutes. Drizzle with the reserved sauce and garnish with 1 tablespoon of sesame seeds (to toast sesame seeds, heat a small dry skillet over low heat). Add seeds and stir constantly, until golden and fragrant for about 2 minutes. Transfer to a small bowl and let cool.

### Serving Suggestions:

- Serve over a bed of whole grains such as brown rice or quinoa. Add some broth to water when cooking grains for added flavour.
- Serve on top of a salad loaded with greens and veggies.
- Add some roasted veggies to your meal! In a pan, throw together peppers, zucchini, yams, carrots, fresh rosemary, and extra virgin olive oil. Bake until veggies are soft!

Hey, need some help with that summer weight you put on? Looking for an inexpensive support group that is men only? Need something close to home?

Contact for details:  
403-590-5060 (Wally)  
or topsdude@live.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](mailto: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](http://www.twitter.com/tuxedoparkyyc)

[www.facebook.com/tuxedoparkcommunity](http://www.facebook.com/tuxedoparkcommunity)

*Tessa and Scott*

Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!

## BRAIN GAMES SUDOKU

9	2	6	3	1	7	4	8	5
5	4	7	6	8	9	2	3	1
1	3	8	4	2	5	9	6	7
7	5	1	8	9	2	6	4	3
4	6	9	7	5	3	8	1	2
3	8	2	1	4	6	7	5	9
8	9	4	2	3	1	5	7	6
2	7	3	5	6	8	1	9	4
6	1	5	9	7	4	3	2	8

# got digital?

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