

JANUARY 2023

DELIVERED MONTHLY TO 3,575 HOUSEHOLDS

# TUXEDO PARK

GAZETTE

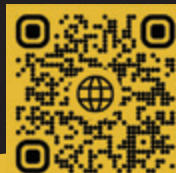
THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER

**HAPPY NEW YEAR,  
TUXEDO PARK!**



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OF CASH**

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for more information.



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## Looking to Have Some Fun?



The Tuxedo Park Social Committee has volunteer opportunities for all kinds of events and initiatives, from planning programming and hosting events, to developing our community cookbook. Not sure how much time you can commit? You can volunteer as much or as little as you would like. It is a great way to get to know your neighbours and to make our community even more awesome! Connect with us by attending a Social Committee meeting. For more information or for the meeting details, please email Marina at [social@tuxedoparkcommunity.ca](mailto:social@tuxedoparkcommunity.ca).

**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/tuxedoparkyyyc](https://www.twitter.com/tuxedoparkyyyc)

## 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

## 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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**To View Additional  
Tuxedo Park  
Content**

INCLUDING

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

and More...



## PRESIDENT'S MESSAGE

Happy New Year, Tuxedo Park! With a new year comes many questions and many opportunities for fun, so let's dive in.

### When's the Next Jelly Dean Dance?

That's a great question. These events happen because we have community members who are interested and volunteer to make it happen. Interested but not sure what to do? Don't worry, we're here to find you the right dance partner (and all the information and fellow volunteers one needs, we just need someone to step forward). To help you get started, come to one of our board meetings (open to the public) or reach out; my email is below.

### New Heritage Guidelines

This past fall, the City of Calgary introduced heritage guidelines to preserve the character of streets with significant historical houses. In Tuxedo Park, you'll recognize these as the 20 Ave West with the small cottages and the 19 Ave with a mix of pre-WWII houses.

The guidelines aren't meant to preserve individual houses; there are separate tools to do so, but it does encourage the retention of existing character with appropriate massing and architectural elements. Similarly, it doesn't restrict new development, but makes sure that the development is appropriate to the area, avoiding the conflict of a modernist house next to a cottage bungalow. If you're interested in this, please reach out for more information.



### What's Next for the Tuxedo Park School?

Speaking of heritage properties, the Tuxedo Park School recently became a City of Calgary property. The TPCA has long advocated the need for the space to be active and the old schoolhouse building preserved as a heritage property as outlined by the city's Local Area Plan. The community association is seeking input from the community on how we would like to see the property used going forward that best benefit the community. By having the community have a voice upfront, we can be influential in making sure that vision is incorporated in future plans. Please send your thoughts by email or come to one of our monthly meetings.

Let's make 2023 great!

*Julien Poirier, Tuxedo Park Community Association President*  
[president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca)



**COLOURING  
PAGE**



# 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: \_\_\_\_\_

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



## News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.



## Tuxedo Park Real Estate Update

Last 12 Months Tuxedo Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$559,000	\$542,500

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

	No. New Properties	No. Properties Sold
November 2022	10	8
October 2022	9	8
September 2022	10	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
December 2021	9	9

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





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**Len Webber, MP**  
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 Calgary, AB T2M 3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

## Find Your History

If spending time with your family over the holidays has sparked an interest in your family history, the Government of Canada has resources for you to explore your genealogy.

Through Libraries and Archives Canada online you can access census, immigration, citizenship and naturalization, employment, and First World War Personnel records to gain insight into your family history. Some of these records are digitized and others available to order.

Starting in 1851, census records included the names of residents, their country or province of birth, age, and many other details. Library and Archives Canada holds an extensive collection of Canadian census records from 1640 to 1926, and for Newfoundland from 1671 to 1945. Starting in 1901, most census records indicated the year of arrival for immigrants.

Library and Archives Canada holds citizenship records including naturalization lists from 1915 to 1951, Naturalization records in Upper Canada and Canada West from 1828 to 1850, and Citizenship registration records for the Montreal Circuit Court from 1851 to 1945. They also hold many land-related records that paint a picture of the lives of homesteaders in the prairies.

Related to the First World War, Libraries and Archives Canada holds personnel records, Courts Martial files, Navy records, CEF sailing lists, Prisoner of war records, Hospital records, air services records, and other files.

An additional resource is Canadiana Heritage: a free tool for accessing digitized archival collections encompassing nearly 40 million pages of primary-source documents. Chronicling the country and its people from the 1600s to the mid-1900s, this collection represents a vast and unique resource for Canadian historians, students, and genealogists.

These documents are categorized into collections including Genealogy, Aboriginal History, Government Documents, Military History, and Landmark Papers. Canadiana, the sister site of Canadiana Heritage, contains monographs, serials, government publications, and maps.

You can access these resources and more at [www.library-archives.canada.ca](http://www.library-archives.canada.ca). Happy hunting!

# BUSINESS CLASSIFIEDS

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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.



**9 PM  
ROUTINE**

**✓ CHECKLIST**

- 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 secret to great health is digestion. There, the secret is out. The health of your digestive tract can be the difference between you feeling sick, well, happy, or sad. It's so important that it affects all other body systems. Let's say you are breaking out into pimples; yes, stress could be the culprit, but you can also bet that your digestive tract is trying to tell you that it ain't working up to standard and that something is probably out of sorts.

Your digestive system is made up of several different organs working together for the common good, which is your health. Think of a hippie commune, but in your body. Yes, there are hippies in your body. Digestion, simply put, is the process in which your body breaks down food into molecules that can be absorbed for nourishment, so if it's out of whack it throws you off completely. Think of it as that one hippie in the commune not pulling their weight; it can throw the whole community off and cause complete chaos among the masses. Like if Lavender's job was to cook, and she fell ill, and no one else knew how to cook...big problems ahead for our love preaching friends.

So many of our health problems can be helped by aiding our digestive system. 90% of your serotonin is in your digestive tract as well as your immune system. This means that your mood and your overall health is directly affected if your digestion isn't working properly. Eat fermented foods and eat your veggies (the real ones that live in the produce section of your grocery store). Now, let's take a brief look at how the whole process of digestion works.

**Mouth** - Digestion actually all starts before food even hits your mouth. That mouthwatering feeling that you get when you are just looking at that delicious slice of pie is the production of saliva. Saliva contains enzymes that break down food once that pie is in your mouth, and your teeth help you chew your food, making food particles small enough for you to be able to swallow them and for the enzymes to do their thing. Then, there's your tongue: home to tastebuds and a muscle that works with saliva to form a ball that can be swallowed.

**Esophagus** - Through a series of naturally muscular contractions called peristalsis, food particles (basically the food ball your tongue created) are brought to your stomach via the esophagus expressway; think of it as a rattly sky train ride through a tunnel.

**Stomach** - A few jobs get done here. First, it acts kind of like a holding sack for food. It also releases stomach acid to break down food even further. It also churns food into an oatmeal like paste. Yum!

**Small Intestines** - Further breakdown of food as it first enters, and absorption of nutrients through the bloodstream, and liver storage, as it moves further down the intestinal tube.

**Large Intestines** - The end of the line. Its main role is to absorb all the remaining water from the food and to compact waste into a tight, poop-like bundle. I'm sure you can guess what happens next.

**Liver, Gallbladder, Pancreas** - The liver produces bile, which is needed for the body to absorb fats. The pancreas secretes enzymes used for digesting proteins, carbs, and fats, and the liver also processes the nutrients that are absorbed from the small intestine.

## Here Are a Few Tips for Better Digestion:

- Chew your food well.
- Eat your bitter foods. They stimulate saliva which has an enzyme that breaks down starches.
- Drink lemon water. Along with increasing digestive juices, lemons also encourage the production of bile and aids digestion.
- Eat fermented foods.
- Be mindful when eating. Stress and other outside disturbances actually slow down and disrupt the digestion process.
- Eat only until you are  $\frac{3}{4}$  full.





## OPEN HOUSE

**January 18, 2023 | 5:30-7:30PM**

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**preschool@hpca.ca | 403-276-6969**

**www.hpca.ca/preschool**

## 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:

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