

MARCH 2024

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS

TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



Kate McInnis

REAL ESTATE AGENT

p. 403.921.5798

e. km.kate.mcinnis@gmail.com

w. mcinnisrealestate.ca



McInnis

REAL ESTATE



CALGARY MAT & LINEN SERVICES

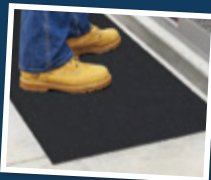
403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times



Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic

Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



BRAIN GAMES

SUDOKU

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

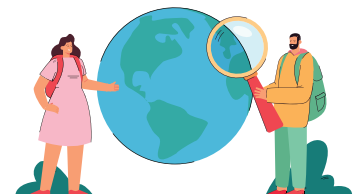
SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



SCAN THE QR CODE FOR THE ANSWERS!



YOUR HOME WORTH



MARKET INFORMATION



LOOKING TO SELL



LOOKING TO BUY

WHATEVER YOUR NEEDS
I AM HERE TO HELP



Kate McInnis
 REAL ESTATE AGENT
 p. 403.921.5798
 e. km.kate.mcinnis@gmail.com
 w. mcinnisrealestate.ca








OFFICIAL

PLUMBING & HEATING

Plumbing Services
 Furnace Install & Repair
 Drain Cleaning
 Boiler Install & Repair
 Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
 official-plumbing-heating.ca

Sharon Danish Lutheran Church

A part of the Crescent Heights community since 1930

March 2024

<p>Sunday, 3rd 10:00 am - English Worship Service</p> <p>Sunday, 10th 10:00 am - English Worship Service 11:15 am - Danish Worship Service</p> <p>Sunday, 17th 10:00 am - English Worship Service</p> <p>Sunday, 24th 10:00 am - English Worship Service 11:15 am - Danish Worship Service</p> <p>Tuesday, 26th 7:30 pm - Guest Speaker from S.T.A.R.S Air Ambulance</p> <p>Thursday, 28th 8:00 pm - Maundy Thursday Worship in English preceded by Seder meal at 6:00 pm</p> <p>Friday, 29th 10:00 am - Good Friday Worship in English</p> <p>Sunday, 31st 10:00 am - Easter Sunday Worship in English</p>	
--	--

Contact Pastor Charlotte Berg: 403-277-5804
Email: office@danishlutheranchurch.ca



Website:
 www.danishlutheranchurch.ca

Facebook: Danish Lutheran
 Church in Calgary

Everyone is
 Welcome!

(A congregation of the
 Danish Seamen's &
 Churches Abroad.)



ANITA MORTGAGE

AVENUE | Financial
Real Estate Solutions

Hate Your Renewal Rate? Call Me!



Expert advice
 Excellent rates
 Many options
 Better mortgages



ANITA

403-771-8771

anita@anitamortgage.ca

Licensed by Avenue Financial

Tuxedo Park Community Association



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

www.facebook.com/tuxedoparkcommunity
www.twitter.com/tuxedoparkyyyc

EXECUTIVE BOARD

President	Anne Johnson	president@tuxedoparkcommunity.ca
Past President	Julien Poirier	pastpresident@tuxedoparkcommunity.ca
Vice President	Marina Kerr	
Secretary	Elysa Darling	

GENERAL DIRECTORS

Amy Lu, Arnie Brownlees, Gina Maskell

COMMITTEE CHAIRS

Communications and Gazette Editor	Vacant	communications@tuxedoparkcommunity.ca
Facilities	Vacant	
Membership	Vacant	membership@tuxedoparkcommunity.ca
Social	Marina Kerr	social@tuxedoparkcommunity.ca
Traffic/Development	Arnie Brownlees	planning@tuxedoparkcommunity.ca
General Manager	Shannon Bowen-Kelsick	gm@tuxedoparkcommunity.ca
Hall Rentals	Jonathan Segura	hallrentals@tuxedoparkcommunity.ca
Treasurer	Gillian Lee	treasurer@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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

BARKER'S

• FINE DRY CLEANING •

PICK UP &
DELIVERY
SERVICES

403-282-2226

LET'S GET GROWING AT



NORTHSIDE
BIBLE
FELLOWSHIP

2911 Edmonton Trail NE, Calgary, AB

Community Garden Bed Rentals



\$25 Season Rental

Contact Yvonne Chang at 587-288-7879 or
email northsidebiblefellowship@gmail.com



Cats, Canines, & Critters of Calgary



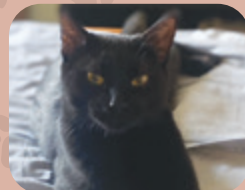
Chile Mango Bean, Sundance



Chloe, Somerset



Kiki, Dalhousie



Stormi, Deer Ridge

To have your pet featured, email news@mycalgary.com

CLEARWASH EXPRESS DETAIL & CAR WASH

WONDERFUL WINTER WASH PROGRAM!

Come on in, for the Details



STARTING AT \$29.95

- No appointment, just drive-in
- Hand wash process with no harmful equipment
- Refined procedure for consistent results
- Season pass for unlimited winter washes for one car from January - April 30th for **299.00 plus GST**
- Mention this ad and get 10% off in March.

📍 1725 32 Ave. NE 🌐 clearwashcalgary.com

☎ Call: 403- 271-9274 or 403-397-9645

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 began 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 minutes early to sign waiver.

Instructor/Host: Pat.

2024 Tuxedo Park AGM

Tuxedo Park Community Association will host our 2024 Annual General Meeting on Thursday, May 2, 2024, at 7:00 pm in the Upper Hall.

Please come to celebrate the past year, meet your neighbours, and see what volunteer opportunities are available. Thank you to all our volunteer Board Members for keeping our Association and our Building up and running.

For more information please email president@tuxedoparkcommunity.ca.

Word of the Month


Imponderabilia: *plural noun*
(im-pon-der-uh-bil-ee-uh)

Experiences, ideas, and objects that are complex to explain.

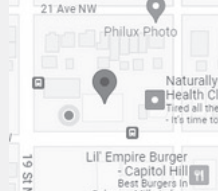
In her poetry, Jane discusses the imponderabilia of life's milestones and hardships.

CALGARY FINE DENTISTRY

Dedicated to providing you with optimal dental health.



*Dr. Lauren Vredenburg,
Practice owner*




Come check us out!

403-284-3061
#206 1910 20th Ave, NW
www.calgaryfinedentistry.com

Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



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 if you are interested in joining our team.

www.thewinstongolfclub.com • (403) 984-1713

www.BIKEBIKE.ca

FRIENDLY • FAMILY-OWNED

403-457-2453

430B - 40 AVENUE NE

SALES AND SERVICES

Be a Kind Neighbour

Through simple acts of kindness, you can help seniors live healthier, happier lives.

Find out more at
KindNeighbour.ca



Kind
Neighbour



Fresh Jock

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

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 – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

TUXEDO PARK MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

CLEARWASH EXPRESS DETAIL & CAR WASH: Just drive up, no appointments required. We offer the best hand wash services for vehicle cleaning, inside and out. Performed quickly, professionally while you wait in our comfortable lounge. Try us you will like the service. 1725 32 Ave NE. Visit us at clearwashcalgary.com. Call 403-271-9274 or 403-397-9645.

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.



Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.





Life or Death

Canadians will have access to medical assistance in dying (MAiD) when their only condition is mental illness. The only question is when.

In the past, I supported MAiD legislation because we need to have a legal framework around life and death choices and decisions.

This is a complex issue with strong opinions on both sides. It was important that my constituents were heard and so I quoted from the many letters I received during my House of Commons speech.

I am a big proponent of hospice and palliative care which must always be a viable and available option to someone contemplating MAiD. As a member of the House of Commons on Health, I worked on these palliative care issues across Canada. I strongly feel that Canadians should have access to the support and care that they need during the toughest times in one's life.

Advanced requests for MAiD are definitely something the federal government needs to consider. I look forward to a debate on this particular issue and am interested to know what safeguards are proposed to ensure any legislation would work as intended.

However, I do not support the expansion of MAiD to cases where mental illness is the sole eligibility reason. I spoke about this at length in the House of Commons and shared the very personal story of Anton and how he helped me come to this decision. You can read the speech at www.lenwebbermp.ca.

As I said in my speech, "We need to put vulnerable Canadians back in control of their lives. We want to see them get the help they need and provide them with the social and mental health supports they need. We must never give up on them and allow them to prematurely choose MAiD over access to mental health care."



by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.

Spicy Chicken Curry

by Jennifer Puri

Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.



Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tsps powdered red chilli peppers
- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!



Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using
#postyourpurple

MARCH 26

Purple Day



epilepsy
association
OF CALGARY

epilepsycalgary.com

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING