

NOVEMBER 2024

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TUXED PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



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SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Tuxedo Park Artists' Corner: An Outlet Meant to Inspire

Ariana is a Tuxedo Park resident who designs cross stitch patterns. She is from Ukraine and moved to Canada in 2023. She designs fall and holiday theme creations, along with designs for baby showers and children.



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FOSTER'S GARDEN CHAPEL

*Christmas
Candlelight*

SERVICE

at Foster's Garden Chapel
3220 - 4 Street NW, Calgary
Wednesday, December 4, 2024
7:30 p.m.

The Service will be conducted by members of the Clergy from the surrounding area, making this a non-denominational ceremony.

We would sincerely appreciate the presence of your family and hope that the ceremony will be of value and comfort to you.

Tuxedo Park Community Association



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

www.facebook.com/tuxedoparkcommunity
www.twitter.com/tuxedoparkyycc

EXECUTIVE BOARD

President	Anne Johnson	president@tuxedoparkcommunity.ca
Vice President	Marina Kerr	
Secretary	Elysa Darling	secretary@tuxedoparkcommunity.ca
Treasurer	Gillian Lee	treasurer@tuxedoparkcommunity.ca

GENERAL DIRECTORS

Amy Lu, Arnie Brownlees, Gina Maskell, Peter Sanele, Sofi Biviano, Shelby Milne

COMMITTEE CHAIRS

Communications and Gazette Editor	Sofi Biviano	communications@tuxedoparkcommunity.ca
Facilities	Vacant	
Membership	Vacant	membership@tuxedoparkcommunity.ca
Social	Marina Kerr	social@tuxedoparkcommunity.ca
Traffic/Development	Arnie Brownlees	planning@tuxedoparkcommunity.ca

STAFF

General Manager	Shannon Bowen-Kelsick	gm@tuxedoparkcommunity.ca
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



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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 guests!

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.



PRESIDENT'S MESSAGE



Thank you to all the volunteers who have joined us to help with events recently—we wouldn't be able to host fun activities like our Halloween Bonfire or upcoming Photos with Santa without you!

Your board of directors is also very grateful to have three new directors onboard! Sofi Biviano, Peter Sanele, and Shelby Milne all stepped forward to help our community. Are you interested in joining them? We still have a few director seats left; contact me for more information.

In September, the board made a bold decision to bring art into our community. To facilitate that, we have hired an Arts Procurement Manager to explore grant opportunities and plan art installations/performances throughout our neighbourhood. Follow us here and on our socials to see the progress of this ambitious project.

On December 7, Santa will be visiting the Tuxedo Park community hall! Bring your family for a free photo with the big man and enjoy some light refreshments and entertainment for the kids. Doors will open at 1:30 pm and Santa will join us from 2:30 to 4:30 pm.

Anne Johnson

president@tuxedoparkcommunity.ca



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SALES AND SERVICES



News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.

A Minute Lost in Silence

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

A minute lost in silence
Loud the roar of wartime years
Sacred poppies of November
In remembrance of their tears
In our minute lost in silence
We must listen close together
Lest we all forget to hear it
Lest the silence lasts forever



GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!



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.

Kids' Tennis in January 2025!

TPCA and Calgary Tennis Society (CTS) are happy to bring kids' tennis back to Tuxedo Park in January 2025!

(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 six to nine) start on Wednesday, January 8, 2025, and run to April 23, 2025, 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 \$225 for 15 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, January 8 to April 23, 2025

Time: 5:30 to 6:30 pm

Location: TPCA Upper Hall

Cost: \$225 per child

Register now: calgarytennissociety.org/programs.

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



WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!



Tuxedo Park Real Estate Update

Last 12 Months Tuxedo Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2024	\$660,000	\$680,000
August 2024	\$449,000	\$444,500
July 2024	\$587,500	\$580,500
June 2024	\$614,900	\$627,500
May 2024	\$489,950	\$504,950
April 2024	\$541,950	\$595,500
March 2024	\$739,950	\$735,000
February 2024	\$684,450	\$681,700
January 2024	\$674,950	\$676,000
December 2023	\$525,000	\$537,000
November 2023	\$659,000	\$665,000
October 2023	\$550,000	\$560,000

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

	No. New Properties	No. Properties Sold
September 2024	18	15
August 2024	15	6
July 2024	10	10
June 2024	12	16
May 2024	21	12
April 2024	19	18
March 2024	15	10
February 2024	6	10
January 2024	12	6
December 2023	8	9
November 2023	6	9
October 2023	11	10

To view more detailed information that comprise the above
MLS averages please visit tuxe.mycalgary.com



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Vending Machines and Healthy Food Choices

by Alberta Health Services

From going to work, attending school, or running errands, having a busy schedule can lead to eating more meals and snacks away from home. Foods eaten out of the house may include homemade dishes and snacks brought from home, or foods purchased from places like vending machines, convenience stores, cafes, and restaurants.



Often many of the foods prepared in restaurants and cafes or packaged foods like those found in vending machines contain higher amounts of salt (sodium), fat (saturated), and added sugars. Consuming these types of foods frequently and in large amounts may increase your risk of developing health conditions such as hypertension (high blood pressure), Type 2 Diabetes, and heart disease.

Planning ahead and being prepared for the days when you know you will be eating outside of the house can help support a healthy eating pattern. If you can, bring a packed meal from home and try to have easy and nutritious snacks on hand such as vegetable sticks with hummus or no bake trail mix. For these and other healthy snack recipes, visit ahs.ca/recipes and search 'snacks'.

We know sometimes it is not possible to bring snacks and meals from home. However, it is important to make sure you are eating and staying hydrated throughout the day to keep your body energized. To provide food options, many workplaces, schools, and recreational facilities will have food and beverages available to buy from vending machines or concession stands.

Making Good Choices!

If you find yourself in front of a vending machine in need of a snack, here are some tips you can use to help select healthier food choices:

Look for foods that contain protein, fibre, or vegetables and fruits

- Protein helps rebuild muscle and keeps you feeling full for longer. Protein foods include trail mix, protein bars, tuna kits, reduced sodium jerky and dry roasted nuts, seeds, and chickpeas.
- Fibre can help reduce cholesterol and blood sugar levels and may improve gut health. Vending machine options that contain fibre include whole grain crackers, granola bars, popcorn, and dried fruit bars.
- Vegetables and fruits contain vitamins and minerals that help keep you healthy and often contain fibre. Vegetable and fruit choices include baked snap peas, dried fruit, apple chips, and unsweetened fruit cups or sauces.

Consider how the food was prepared

- Look for foods that were baked or roasted rather than fried such as baked crackers, potato, or rice crisps and roasted seaweed snacks.
- Select nuts or popcorn without added salt or sweet coatings.

Quenching your thirst

Try to make water your drink of choice, but if you are in the mood for something different here are some healthier options you may find in a vending machine:

- Milk or fortified plant-based alternatives. Milk contains calcium, vitamin D, and protein which makes it a nutrient packed option. Some milk options have extra protein added.
- Flavoured sparkling water with no added sugars if you want something fizzy.
- Unsweetened tea or coffee.

Looking for Healthier Options?

Everyone can contribute to creating a healthy food environment. Alberta Health Services has put together the Healthier Vending Toolkit which provides resources for advocating for healthy food options in vending machines and guidance on implementing healthier vending and snacks on sites like workplaces and recreational centres. You can find this toolkit by going to ahs.ca and typing 'Healthier Vending Toolkit' in the search bar.

If you are interested in learning more about healthy eating where you live, work, learn, and play, go to healthyeatingstartshere.ca for more information.



Calgary Confederation

Len Webber, MP

2020 – 10 St NW

Calgary, AB T2M 3M2

📞 403-220-0888

✉️ len.webber@parl.gc.ca

Making Time to Remember

Have you ever wondered why Canadians and Americans don't celebrate Thanksgiving at the same time?

Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11 as Armistice Day.

The day was intended to celebrate the Allied victory in the First World War but quickly became a day of remembrance for those who had died in WWI and conflicts before.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day. Early remembrance ceremonies were observed primarily within the military community but with the passage of time it became an occasion for the general population to show appreciation and remembrance.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11 every year. It reflected the public sentiment that the occasion should focus on the memory and sacrifices of those who served and died in defence of our nation instead of celebrating the political and military successes that led to victory in WWI.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November, and they conduct their remembrance activities during the Memorial Day weekend in May.

This November 11, Canadians will again pause to remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation.

Lest we forget.



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Word of the Month

Accismus:

noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.

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