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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.

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Tuxedo Park Community Association



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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.



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News, Events, & More



Crime Statistics



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PRESIDENT'S MESSAGE

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 100 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.



Your TPCA board of directors is off and running in 2025! While we onboard our newest directors, we're also busy planning for the rest of this year and beyond.

One of our main focuses in 2025 will be our upcoming Casino Fundraiser at the Elbow River Casino on May 27 and 28. Will you help us? We'll need plenty of volunteers to fill all the shifts available. This fundraiser is vital to the TPCA's operations. The funds we raise in those two days will keep our little hall and excellent programming running. All volunteers will receive training at the casino, so no experience is necessary. You'll have snacks and beverages available during your shift and a meal voucher to be used at one of the casino's restaurants.

As a special thank-you from the TPCA, volunteers for the casino event will also receive a Cineplex Great Escape gift certificate (Movie admission for two, two drinks, and a popcorn) for every shift completed. Sign up today!



<https://volunteersignup.org/EP883>

Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)

Happiness, well-being, good spirit.

We are all trying to experience Eudaemonia.

Kids' Tennis in 2025!

TPCA and Calgary Tennis Society (CTS) are happy to bring kids' tennis back to Tuxedo Park in 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) started 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.

Tuxedo Park Artists' Corner: An Outlet Meant to Inspire In 2025

Was one of your resolutions to create more art in the New Year? If so, you've come to the right place. Whether it is a photo of a recent clay creation, an inspirational haiku, or a photograph taken around the community, we want to be inspired by your endeavours. All ages are welcome!

If you are interested in participating, please:

- Let your imagination run free; we want to be inspired!
- Scan a digital copy of your artwork in a JPEG format.
- Send to communications@tuxedoparkcommunity.ca.
- Include your name, age, and a brief description about your art.
- If you are under the age of 16, please make sure you have permission from your parents or guardians to share your creation.

If you enter, you will have the chance to be featured here in print in the monthly newsletter and on our social media channels. We are excited to see what you come up with!

Storytime Reader

Are you a retired schoolteacher, librarian, or other literary enthusiast? The TPCA is looking to try story time reading for children (aged 0 to 5) and their caregivers once a week in the New Year. This would be a trial basis one to two times in the month of February to gauge interest.

For more information, please contact arts@tuxedoparkcommunity.ca.



Joke of the Month



Why aren't dogs
good dancers?

They have two
left feet.

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.

Hatha Yoga

This class will help you recharge, strengthen, stretch out tight areas, and calm and focus the mind. Sessions will include standing and balancing postures, connection to physical alignment, attention to breath to steady the mind, hip and shoulder opening, meditation, and deep rest.

Upper Hall.

Date: Mondays.

Time: 6:15 pm.

Cost: Free, all are welcome.

Instructor: Jennifer Clarke.

Starting on January 22 through February 19, we invite you to start your Wednesday mornings off with Yoga at Tuxedo Park! This new 1.5-hour class will also be led by Jennifer Clarke, the Monday night instructor. She will lead sessions that will get you aligned and connected for the day. Please watch the website for more details!

Upper Hall.

Date: Wednesdays.

Time: 9:30 am.

Cost: Free, all are welcome.

Instructor: Jennifer Clarke.

Queen B's Grammy Reign



With the Grammys on February 1, Beyoncé could surpass her own record of 32 Grammy wins, cementing her place as the most Grammy-awarded artist ever! Adding to this remarkable achievement, she has 11 nominations for the 2025 Grammy Awards, bringing her grand total to an incredible 99 nominations. Truly the Queen of the Grammys!

Tuxedo Park Ice Rink Is Open

Stay active and have fun this month at the Tuxedo Park Ice Rink! It has been up since December and since then, community members have enjoyed having a nearby rink to skate and play hockey with friends. Thank you to Julien for getting the rink up and running for us!



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CALL FOR VOLUNTEERS!

No training required! Meet your Neighbors! Have some fun!

May 27th & 28th 2025 Elbow River Casino

Tuxedo Park Community Association's bi-annual casino fundraiser is responsible for the majority of the funding for the community and wouldn't be possible without the generosity of our community members so thank you for your continued support.

All volunteers will receive 2 movie passes as a thank you!



Scan the QR
code to sign up



The Art of Finding Work: Job Search Success Is Not Complicated

by Nick Kossovan

Most people over-complicate the process of achieving success.

Achieving success is often perceived as a complex puzzle, or according to those who play the 'I'm a victim!' card, only available to those who are supposedly privileged. The fact is there's a simple equation for achieving success, which Zig Ziglar famously encapsulated, "You can have everything in life you want if you will just help other people get what they want."

Side note: "all you want" should be interpreted as "all you need."

I recommend considering the hiring process from the employer's perspective. By doing so, you'll empathize with employers and understand that positioning yourself as a candidate who has the skills, experience, and proven track record of helping employers get what they want is a job search strategy that'll set you apart from your competition, who aren't approaching their job search with an "I want to help employers" mindset as they have the all-too-common "I want!" mindset.

Success isn't a complicated journey. With the right mindset, it's a simple path—help others achieve what they want. However, the mindset I come across most often is the exact opposite; job seekers focused on what they want, as opposed to what employers want, resulting in employers being turned off. Who isn't turned off by someone solely concerned with their needs and wants, who comes across as "predatory"?

Most job seekers: "Employers need to understand my issues and needs."

Savvy job seekers: "I need to understand the employer's issues and needs."

Job seekers who are thinking clear and show employers how they can help them achieve what they want are few and far between. Being that rare candidate makes

you unique and highly valuable, which is a significant competitive advantage. I can guarantee that your interviewer almost never encounters a candidate who projects an "I'm here to help you" aura.

When viewed holistically, employers want five things:

1. Be profitable
2. Reduce/control costs
3. Have low employee turnover
4. Optimize employee performance
5. Provide excellent customer experiences

How can you help an employer achieve any of, or a combination of, the above?

What's Your Employee Value Proposition?

For instance, you can never go wrong assuming the employer wants to be profitable; hence, suggesting cost-saving measures or revenue-generating ideas during your interview will demonstrate your desire to help the company get what it wants, which is to be profitable.

Imagine yourself as a hiring manager. One of your standard interview questions is: "How will you contribute to the company's success?" or, more directly, "Why should I hire you?"

Candidate A:

"If hired, I will bring enthusiasm, dedication, and hard work to the team. I am a fast learner and have a strong work ethic. I am also a team player."

Candidate B:

"I bring over 15 years of technical expertise, problem-solving skills, and a commitment to innovation. As head of Gekko's IT, I led a project to streamline its data analysis processes, increasing efficiency by 20% and reducing employee hours. I achieved this by implementing Cyberdyne Systems' latest data visualization tools and automating repetitive tasks. I plan to bring this kind of efficiency oversight to Soylent Corporation."

Which candidate would you lean towards hiring?

Candidate A offers nothing more than their unsubstantiated opinions, which, as I've stated in previous columns, employers don't hire; they hire



results. Opinions about yourself, which you should rarely give without quantifying, don't help your interviewer envision how you'll help the company get what it wants.

On the other hand, candidate B outlined how they can help the company achieve wanting to optimize employee performance and cost savings. Candidate B thinks like an employer and understands employers are a sucker for candidates with a track record of helping employers get what they want.

Getting hired doesn't come down to having the shiniest resume, with all the right keywords, being impeccably dressed, having a perfect smile, or sheer luck. Employers hire candidates they feel will get them what they want.

Consider all the successes around you and why they exist.

- Amazon: Shopping delivered to your door.
- Apple iPhone: Handheld communication.
- Facebook: Having a voice. Keeping in touch.
- Starbucks: Coffee served around an experience.
- Taylor Swift: Music young people in angst can relate to.
- MasterCard: Easy to use credit.
- Zig Ziglar: Motivation and encouragement.

The success of the above can be attributed to the fact that they've designed their offering with the end-user in mind, helping people get what they want.

- Amazon: Convenience
- Apple iPhone: Connectivity
- Facebook: Popularity
- Starbucks: Self-care
- Taylor Swift: Understanding
- MasterCard: Lifestyle
- Zig Ziglar: Hope

All successful businesses are based on selling a product or service that will help people get what they want, which is usually intrinsic. A product or service must satisfy a need or want in order to sell. The same applies to job searching. You must fulfill an employer's need or want. Think of employers as the end users of your services; how do you help employers achieve what they want? Are you communicating your how and willingness to help throughout your job search?

Showing how you can help employers get what they want is how you achieve job search success.

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!



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Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

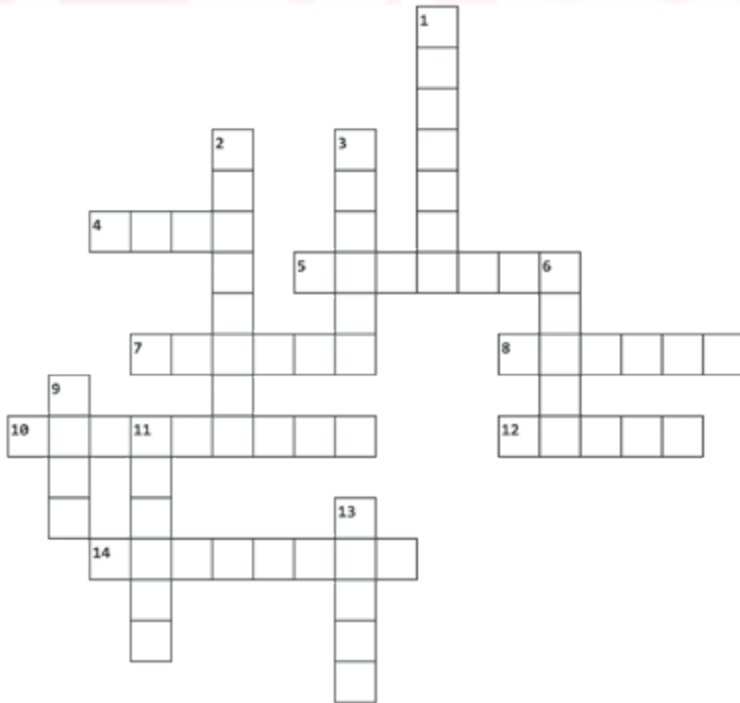
Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



February Crossword



Across

- Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
- Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
- Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
- On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
- Something that is typically given to a significant other or friend(s) during the month of February.
- February is National _____ Month, highlighting the importance of cardiovascular health.
- Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

- In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
- February's purple birthstone, the _____ is believed to be a symbol of protection.
- The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
- 2025's Chinese Zodiac is this slippery, slithery creature.
- Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
- Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
- _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





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