

NOVEMBER 2025

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TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



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 CIR REALTY



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



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**BRAIN
GAMES**

SUDOKU

	2			8	9	7		3
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9								
	9					3		
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		4					6	
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**SCAN THE QR CODE
FOR THE SOLUTION**



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	vp@tuxedocommunity.ca
Secretary	Alex Darling	secretary@tuxedoparkcommunity.ca
Treasurer	Shelby Milne	treasurer@tuxedoparkcommunity.ca

GENERAL DIRECTORS

Amy Lu, Arnie Brownlees, Karen Wang, Peter Sanele, Sofi Biviano, Shelby Milne, Kelly Parker

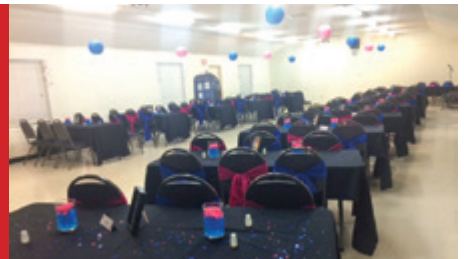
COMMITTEE CHAIRS

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Traffic/Development	Arnie Brownlees	planning@tuxedoparkcommunity.ca

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Hall Rentals	Violeta Vasquez	hallrentals@tuxedoparkcommunity.ca
Arts Procurement Manager	Dustyn Richardson	arts@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.

PRESIDENT'S MESSAGE

As the holiday season fast approaches, I would like to take a moment to express my appreciation for our wonderful Tuxedo Park volunteers! This caring and generous group of neighbours continually show up for our community time and time again. Your TPCA Board of Directors is filled with a diverse set of members who all care deeply about Tuxedo Park. Our event volunteers find the time to show up for events and make them magical. And our skating rink volunteers show up snow or shine.

Would you like to join one or all of these groups to give your time? The TPCA is always looking for motivated volunteers—reach out today to learn how you can help!

The TPCA is currently hard at work planning our annual Photos with Santa event on December 6. Follow us on social media for further details about this super fun, free family event!

Anne Johnson

president@tuxedoparkcommunity.ca

Tasty Art

What do “The Persistence of Memory” and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: “Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring”. Another, “From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence”. Moreover, “She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts.” Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.

TUXEDO PARK CLASSES AND EVENTS

Please check the website for up-to-date information on programs and events.

Hatha Yoga - Adjusted Class Time

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.

Location: Upper Hall.

Date: Mondays.

Time: 7:15 pm (Please note the time change as of August).

Cost: Free, all are welcome.

Instructor: Jennifer Clarke.

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!

Location: 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.

Budo Martial Arts*

Budo Martial Arts offers a dynamic karate program, focusing on discipline, confidence, and physical fitness. Led by experienced Senpai Eric, classes provide structured training in a fun and supportive environment.

Location: Upper Hall.

Date: Tuesdays and Thursdays.

Time: 5:30 to 6:30 pm.

Instructor: Senpai Eric.

Contact: 403-650-8445 or

eric.budomartialarts@gmail.com.

Program: Kids Karate (Ages 4 to 18).

More information: www.budomartialartscalgary.ca.

Do Re Mi Babies Music Classes*

Do Re Mi Babies provides an engaging and joyful early childhood music program for children ages 0 to 5 and their caregivers. Through songs, movement, and interactive activities, families bond while developing a lifelong love of music.

Location: Upper Hall.

Date: Mondays.

Time: 4:30 to 5:30 pm.

Cost: \$130 for 8 weeks (siblings 50% off).

Instructor/Host: Christina.

Contact: doremibabies@gmail.com.

More information and registration:
www.doremibabies.wordpress.com.

Zumba with Aspire to Inspire*

Join a fun and high-energy Zumba session designed to get you moving while having a great time! Open to all fitness levels, this class blends dance and fitness for an energizing workout.

Location: Upper Hall.

Date: Wednesdays.

Time: 7:30 to 8:30 pm (arrive early to sign waivers)

Cost: \$10 per class.

Instructor/Host: Mihwa.

Contact: 403-975-5817 or atizumba@gmail.com.

Yoga Class at CIY | House of Yoga* - New!

Join us at CIY | House of Yoga for a free one-hour class for Tuxedo Park Community Association members (limit of 20 participants). The class will include some active standing poses and a cool down. The studio is a state-of-the-art yoga studio, which includes ropes which we will explore during class.

Location: Calgary Iyengar Studio (208 16 Ave NE)

Date: Saturday, November 15.

Time: 2:00 to 3:00 pm.

Cost: Free for members.

Instructor/Host: Shelly Smith.

Registration details will be forthcoming; keep an eye on TPCA website and social media.

Mindful Living Classes and Meditation Instruction* - New!

A class focused on mindfulness, meditation, and stress reduction.

Location: Lower Hall.

Date: Wednesday, November 20.

Time: 7:00 to 9:00 pm.

Instructor/Host: Christopher Lawley of Conscious Transformation Collective Calgary.

Contact: 416-729-2945

Note: The instructor plans to hold this event twice a month starting in January.

**This is a third-party rental and not affiliated with TPCA.*



Tuxedo Park School Future Use Planning Website is Live

The Tuxedo Park School planning website has now been launched. They will continue to update the website as they have more information on the project. Scan the below QR code for details and to stay up-to-date on progress.



Social Committee Chair and Holiday Party Volunteers Needed

Do you enjoy hosting gatherings and events? Are you organized with a knack for managing logistics? If you are looking to expand your skill set and get involved in the community, the TPCA Board has a Social Committee Chair position open to volunteers with an interest in communications and marketing. Responsibilities include:

- Identifying TPCA social needs and priorities
- Assessing and evaluating the delivery of social event
- Communications and promotion oversight
- Providing periodic reports and updates
- Expenditure and budget oversight
- Oversee, run, and operate social events

Time commitment varies. Must attend monthly board meetings, run social committee meetings, and help run events. Approximately 5 to 8 hours per month.

We are also looking for volunteers to help us coordinate a holiday party for the neighbourhood in December. The time commitment is low and it's the perfect introduction to getting involved in the community.

If you are interested in learning more about this role or helping out with holiday party planning, please reach out to Anne Johnson at president@tuxedoparkcommunity.ca.



SOCIAL

COMMITTEE

CHAIR

NEEDED!

How Does Your Main Street Measure Up? Take the Short Survey Now

by the City of Calgary



Successful main streets bring people together. To help understand how Calgary's main streets are doing, The City of Calgary conducts an annual Main Street Metrics survey, which collects and tracks data related to how our main streets:

- Support a social and healthy environment
- Facilitate improved mobility and functionality
- Demonstrate a unique character and identity
- Create areas of economic vitality

Let us know how Calgary's main streets support communities and businesses in these areas by completing our short survey. Your feedback will help inform future main street improvements.

Visit calgary.ca/mainstreets to complete the short survey before December 7, 2025!

Volunteers Needed: Join the Ice Crew!



The TPCA is looking for volunteers to join with the Tuxedo Park Ice Crew and help build and maintain our winter rink. We're looking for help with any of the following tasks, and your commitment is based on what you're comfortable with.

- Help with set up (late October/early November) and take down of the boards and benches (late March)
- Help build the ice (Tamping snow and flooding)
- Maintain the ice (We try to perform two scrapes and floods each week during the winter)
- Clear the snow after snowfall

We will show you all there is to know to help out. It's a great way to meet your neighbours and help build community (and create the next great tiny skaters).

Also, if you're interested in helping animate the rink, or want to help us improve the equipment and set up, let us know.

Tuxedo Park Ice Crew

icerink@tuxedoparkcommunity.ca

Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)
Generous and high-minded. Not petty or resentful.
She paid for both her and her friend in a magnanimous gesture.





TUXEDO PARK
COMMUNITY ASSOCIATION'S

PHOTOS WITH SANTA

SATURDAY, DECEMBER 6
9:30 AM - 12:30 PM

SANTA, CRAFTS, SNACKS & MORE!

Tuxedo Park Community Hall
Upper Level
202 29th Avenue NE

FREE! ALL ARE WELCOME

Calgary Climate Symposium— Free and Virtual, November 17 to 21

by the City of Calgary



The City of Calgary is hosting the 7th annual Calgary Climate Symposium from November 17 to 21, 2025. The event is free, fully virtual, and open to everyone.

Choose sessions that fit your schedule across five days of free learning opportunities. Learn practical ways to cut emissions and manage climate risk at home, at work, and in your community. Connect with industry leaders, researchers, community partners, and City staff who will share innovative solutions to local challenges.

This year's theme, *Resilient by Design: Creating a Future-Ready Calgary*, highlights how intentional design—in buildings, infrastructure, natural systems, and community development—helps Calgary adapt to hazards while reducing emissions.

Choose from 10+ free sessions covering climate-ready homes and infrastructure, insurance and recovery from hazards, heat and health, climate equity and Indigenous worldviews, net-zero buildings, food resilience, and electric mobility/micromobility.

Can't attend live? All sessions are recorded and posted so you can watch on your schedule.

Accessibility: Live captions for all sessions. Select sessions will also be available in multiple languages.

Learn more and register at calgary.ca/climatesymposium.

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.



Raising Non-Anxious Kids

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Improve Mental Health and Wellbeing with a Visit to the New Forest Bathing Trail at the Inglewood Bird Sanctuary

by the City of Calgary



Calgarians are invited to visit the city's first forest bathing trail, located at the Inglewood Bird Sanctuary.

Designed to support the well-being of Calgary's residents and visitors alike, the self-guided trail takes users on a sensory exploration of the sanctuary. While not literal bathing, forest bathing is a chance to "bathe" and be immersed in the forest surroundings.

The idea of forest bathing (or "shinrin-yoku" in Japanese), originated in Japan in the 1980s when there was a rise in anxiety and stress-related illnesses as people in Japan were increasingly living and working in urban centers. To support the health and well-being of people living in Japan, research was conducted to determine whether spending time in forested environments was beneficial.

Studies have shown nature helps reduce stress, improve mood and sleep, boost creativity and immunity, lower blood pressure, and more.

The Forest Bathing Trail at Inglewood Bird Sanctuary consists of five stations along a one-kilometer loop. Each station features an "invitation" from a certified Forest Therapy Guide. While each invitation is unique, they all encourage reflection and offer ways for people to connect with the place using their five senses. Invitations change seasonally, with a new set of invitations offered starting November 1 (meaning anyone who has already completed the trail can come back now for a new and different experience).

For more information, visit calgary.ca/forestbathing.

Green Line LRT Construction is Underway!

by the City of Calgary



Did you know the Green Line LRT SE Project officially broke ground on June 26, 2025? This monumental milestone marked the start of main construction for Calgary's largest and most ambitious infrastructure project to date and since then, progress has been moving full steam ahead.

With \$6.248B in committed funding from The City of Calgary, the Province of Alberta, and the Government of Canada, this project reflects a powerful collaboration dedicated to building a better future for our city. Over the past few months, the Green Line team has been hard at work initiating several key construction activities. If you've travelled through 78 Avenue SE, 114 Avenue SE, or Barlow Trail, you may have noticed active construction zones as part of the early stages of this transformational project.

One major area of focus is the Maintenance and Storage Facility (MSF), located near the future Shepard Station, where site preparation and servicing is well underway. This facility will play a crucial role in keeping Green Line light rail trains running smoothly and efficiently once service begins.

Construction on the Green Line LRT has started, and the benefits will last a lifetime.

To stay informed about upcoming work, timelines, and impacts in your community, visit calgary.ca/greenline and sign up for our newsletter.

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



TPCA Wants You to Become a Member!

Become a Tuxedo Park Community Association (TPCA) member and give back to your community as much as it has been giving back to you! The current membership fees are \$10 for individuals and \$20 for families. The benefits of joining include:

- Ability to vote at the Annual General Meeting and Special General Meetings
- Opportunity to share opinion on what programs/ events should be offered
- Discounted rate on facility rentals, events, classes and at local businesses
- And, so much more!

If you are interested, please fill out the below form and mail it with payment to:

Tuxedo Park Community Association and Hall
202 29 Ave NE
Calgary, AB T2E 2C9

Additional details and the option to pay online can be found at TuxedoParkCommunity.ca.



TUXEDO PARK MEMBERSHIP

Please check one:

☐ New Member ☐ Renewal

Type of Membership:

☐ Family \$20.00 (max. 2 adults with children)

☐ Individual \$10.00

Please **PRINT**

Family Name: _____

Adult 1: _____ Email: _____

Adult 2: _____ Email: _____

☐ **DO NOT** want to receive emails from TPCA regarding programs, events, and community information.

#of Children /Youth

1 st Child / Youth Age	2 nd Child / Youth Age	3 rd Child / Youth Age	4 th Child / Youth Age	5 th Child / Youth Age

Residence Telephone: _____

Address: _____

Payment Method: ☐ CASH ☐ ONLINE ☐ CHEQUE Received by: _____ Date: _____

Personal information collected by TPCA will be kept confidential and will not be used or disclosed to third parties.





**MLA Calgary - Klein
Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy November, Calgary-Klein!

While the last month has seen cooler temperatures, connecting with all of you in community is what warms my heart. I have thoroughly enjoyed visiting seniors, schools, attending community AGMs, and chatting with many of you on the doorsteps! Over Thanksgiving I reflected on what I am grateful for as a second generation Canadian, and public education stands out!

Calgary-Klein is home to 37 schools and I'm lucky to have attended Collingwood and Colonel Irvine schools back in the 1900s! The eighties to be exact. Our teachers then and now are committed when it comes to educating, welcoming, and building up our kids.

At the time of writing, our teachers are on strike. Over 700,000 students are affected and not attending classes. Over the last few weeks, I have had heart-to-heart chats with teachers, principals, parents, and students (one in the fourth grade)! I have also received thousands of emails – we know education is top of mind for everyone and that there is widespread support for teachers to get a fair deal.

Sadly, Alberta has the lowest per-student funding for public education in the country. I have heard stories of overcrowded classrooms, buildings in disrepair, inadequate resources, and insufficient supports for both students and staff. Investing in public education is how we build a successful province; I hope that by the time you read this our teachers have a deal that respects their contributions and provides better learning conditions for our students.

As always, I want to hear from you! Our office is here to serve, and we will do our best to answer your questions and provide resources where possible. You can follow me on social media platforms @lizettendp. We'll see you out there!

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430.

BUSINESS CLASSIFIEDS

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

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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 Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

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SCAN ME