TUXED PARK GAZETTE-

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER





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7 Real Solutions for Ward 7

- Smart Growth, Not Blanket Rezoning
 Planning growth that fits the community—preserving
 character while welcoming thoughtful development.
- Tax Dollars Delivering Results

Focusing on core services and real outcomes—no waste, no delay—just real value for your money.

• Safe Spaces, Secure Places

Protecting our homes, streets, and parks with safety-focused planning and visible enforcement.

Free Residential Parking

Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.

Clean and Vibrant Downtown

Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.

• Public Engagement, No Surprises

Ensuring residents are heard before decisions are made—transparent, timely, and respectful.

Visit, Watch, Listen, and Learn

Staying present in every community—open ears, open eyes, and open conversations.





Tuxedo ParkCommunity Association



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

www.facebook.com/tuxedoparkcommunity www.twitter.com/tuxedoparkyyc

	UTIV		

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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 DI HOTO FEIRO

Real Estate

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.



Samaritan Club of Calgary

Semi-Annual
Super Thrift

Sale

Saturday, September 27

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre

1320 - 5th Avenue NW



Get great deals on household goods, clothing & shoes for all, fashion accessories, vintage & boutique items, collectibles, art, books, toys & much more

Celebrating 115 years

of helping

Don't forget to bring your tote bag!

Back by popular demand:

- Concession
- Parcel Pickup

For More Information:

samaritanclub.ca

All proceeds will benefit Calgarians in need (Cash Only)

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.

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!

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.

Upcoming Outdoor Class! A Karate in the Park event with Eric Sempai will take place on Tuesday, September 9 from 5:30 to 6:30 pm. The class is free, open to the public and geared toward youth ages 6 to 18. For more details, please visit eventbrite.ca for more details.

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 free 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.

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



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

•	TOXEDO PARK WILIVIDERSTIIP
Please check one: Type of Membership:	☐ New Member ☐ Renewal ☐ Family \$20.00 (max. 2 adults with children) ☐ Individual \$10.00
Please PRINT Family Name:	
Adult 1:	Email:
Adult 2:	Email:
I ☐ <u>I DO NOT</u> want to receive	emails from TPCA regarding programs, events, and community information.
#of Children /Youth	1st Child / Youth Age 2nd Child / Youth Age 3rd Child / Youth Age 4th Child / Youth Age 5th 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.

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.





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.



GAMES & PUZZLES Guess the School Tool!

- 1. In the early 1960s, the first one of these was created to assist with number manipulation.
- Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
- 3. A semi-circular measurement tool that deals with angles.
- 4. An organizer typically characterized by its circular or D-shaped retainers.
- 5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
- 6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".





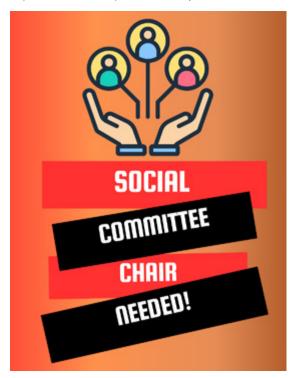
Social Committee Chair Needed

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 events
- · 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.

If you are interested in learning more about this exciting and rewarding role, please reach out to Anne Johnson at president@tuxedoparkcommunity.ca.



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





Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services.
www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



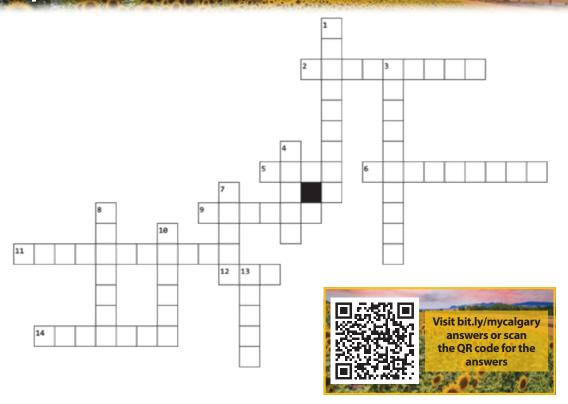
If it has to be now, it has to be no. Using fear or highpressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY POLICE SERVICE If you have lost money or the scam is in progress, contact the Calgary Police Service at <u>403-266-1234</u>
To report a scam in general, contact the Canadian Anti-Fraud Centre at <u>1-888-495-8501</u>

September Crossword



Across

- 2. Ernest ______'s *The Old Man and the Sea* was first published on September 1, 1952.
- 5. September's full moon is named after a plant also known as maize.
- 6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the ______Islands.
- 9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
- 11. Ice hockey forward, John Tavares, was born on September 20, 1990, in ______, Ontario.
- 12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
- 14. Starring Canadian actor, William _______, *Star Trek* premiered on September 8, 1966.

Down

- 1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in ______, Ohio.
- 3. On September 19, 1893, this country became the first to grant all women the right to vote.
- 4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
- On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
- 8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
- 10. On the first Monday of September, _____ Day is observed in Alberta.
- 13. Stars of *Bridget Jones's Diary*, Colin_____ and Hugh Grant, were both born in September 1960, just one day apart.

Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: "Why is my partner so emotionally unavailable?" or "Why won't he open up to me?". If you're in a relationship with a man who seems emotionally distant, you're not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it's often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

"Don't cry." "Man up." "Be strong." are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear "in control," which means avoiding emotions, both their own and others'.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn't be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as "not enough".

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn't mean they don't care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven't been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they're feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

"I don't know what I'm feeling." "I'm fine." (when they're clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn't show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally "lost" and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: The New Rules of Marriage: What You Need to Know to Make Love Work by Terrance Real.

Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning "to season with chilies", refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes **Cook Time:** 30 minutes **Bake Time:** 30 minutes

Servings: 5 to 6 **Ingredients:**

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- 1/2 cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- 1/4 cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- 1/2 cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

- Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
- Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.





- 3. Preheat oven to 350 degrees Fahrenheit.
- 4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
- 5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
- Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



Tuxedo Park Real Estate Update
Last 12 Months Tuxedo Park

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$553,500	\$541,500
June 2025	\$689,950	\$663,500
May 2025	\$707,450	\$710,600
April 2025	\$683,950	\$699,000
March 2025	\$800,000	\$809,000
February 2025	\$850,000	\$830,000
January 2025	\$789,900	\$759,900
December 2024	\$397,500	\$392,500
November 2024	\$749,900	\$749,900
October 2024	\$725,000	\$756,800
September 2024	\$622,450	\$627,500
August 2024	\$449,000	\$444,500

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

	0 - 1		
	No. New Properties	No. Properties Sold	
July 2025	11	8	
June 2025	13	12	
May 2025	17	12	
April 2025	9	10	
March 2025	13	9	
February 2025	16	7	
January 2025	9	9	
December 2024	2	2	
November 2024	7	5	
October 2024	9	11	
September 2024	13	14	
August 2024	15	6	

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



MLA Calgary - Klein Lizette Tejada #232-A - 3630 Brentwood Rd NW

403-216-5430

Calgary.Klein@assembly.ab.ca

X@lizettendp | O lizettendp

Happy September!

It's been wonderful to see Calgary come alive over the past few months—from the energy and excitement of Stampede to the many vibrant community events that make summer in our city so special. I hope you had a chance to enjoy the festivities, spend time outdoors, and connect with neighbours in celebration of our shared spirit.

It's also been incredibly meaningful to connect with folks—whether at the doors, at events, or simply out and about. One message that has come through loud and clear is how proud people are to be Canadian. From seeing Canadian flags proudly displayed on homes to witnessing the enthusiastic support for local businesses and organizations, it's a beautiful reminder of the power of community and the values we share.

As we transition into fall, I'm looking forward to continuing these conversations and staying engaged with the issues that matter most to you. If there's an event in your neighbourhood that you'd like me to attend, please don't hesitate to reach out—we'd love to be there.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources.

You can reach us by email at calgary.klein@assembly. ab.ca or by phone at 403-216-5430. To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

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.

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.

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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

WORD OF THE MONTH

RIGMAROLE: NOUN (RIG-MUH-ROHL) Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.





Cartoon Month

Yabba Dabba Doo! September seems to have been a lucky month for the animation studio Hanna-Barbera. Many of their iconic cartoons premiered in September, including *The Flintstones* (1960), *The Jetsons* (1962), *Scooby-Doo, Where Are You!* (1969), and their production of *The Smurfs* (1981).

THE NICASTRO GROUP







403-620-3634 | tony@nicastrogroup.ca























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