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TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



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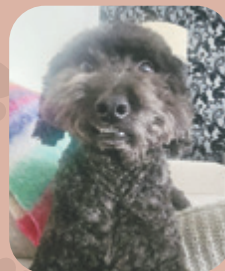
Betty White, Cranston



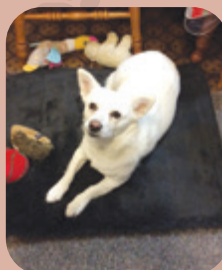
Dazi,
North Glenmore Park



Jack, Seton



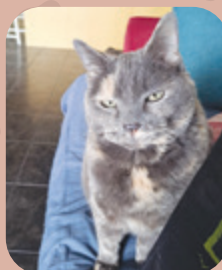
Leo, Nolan Hill



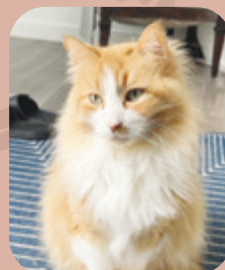
Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

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

Tuxedo Park Community Association



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

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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

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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



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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: _____

☐ **I 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.



PRESIDENT'S MESSAGE

Happy New Year, Tuxedo! And all best wishes from the TPCA Board of Directors for a healthy and prosperous 2026!

I'd like to thank our amazing volunteers who made our 2025 Photos with Santa event so wonderful—Gina, Anne, Marina, Dave, Lyndon, Lourdes, and Sofi, thank you! Once again, we opened our doors and welcomed families from across our neighbourhood for a morning of fun, connection, and fantastic photos!

And thank you to Kriztina of Beothy Photography, our talented photographer and Tammy for leading the crafting table.

Stay tuned here and on our socials for more Tuxedo Park news throughout the upcoming year.

Anne Johnson

president@tuxedoparkcommunity.ca

Photo Credit: Beothy Photography





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.

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 and Wednesdays.

Time: 4:30 to 5:30 pm (Mondays) and 10:00 to 11:00 am (Wednesdays)

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.

Conscious Transformation Collective (Meditation Classes)*

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

Location: Lower Hall.

Dates: January 15, January 22, February 5, February 26, March 5, March 19.

Time: 6:45 to 9:15 pm.

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

Contact: 416-729-2945

**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 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.

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



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SOCIAL

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Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.



News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

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.



Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

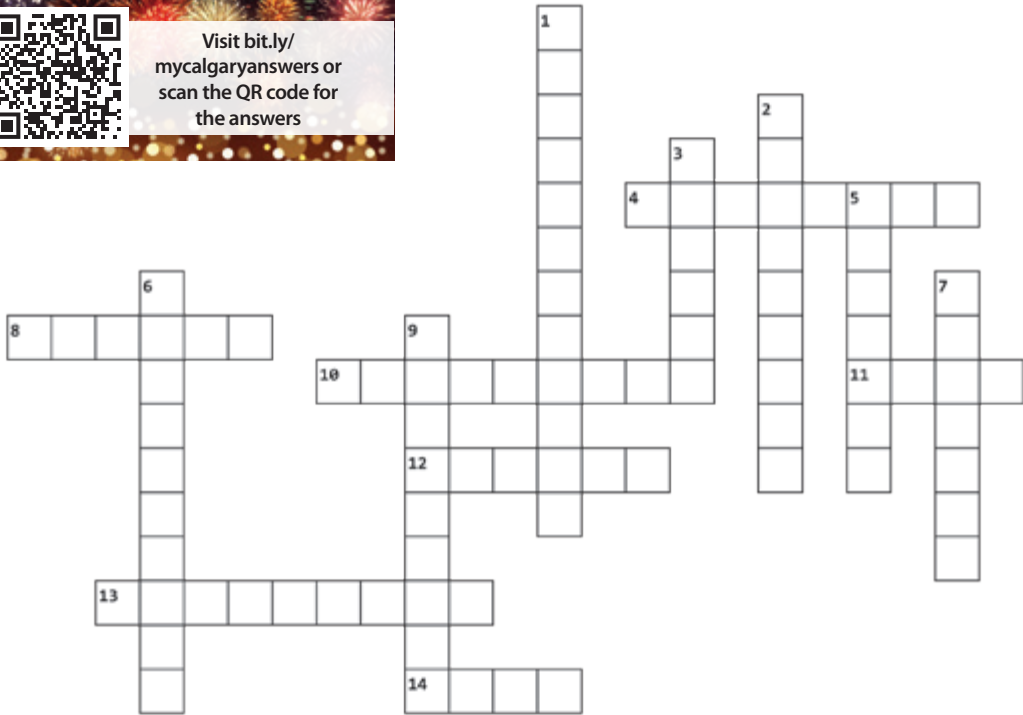
Bon Appétit!



January Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



4-H INTRO CLUB

Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting 4hab.com/member.

Send us your potato head photos or ask us a question at introclubs@4hab.com.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy New Year, Calgary-Klein!

I hope you had a wonderful holiday season with friends and family. As we start this new year, I'm wishing you, our schools, health care facilities, and local businesses a healthy and prosperous year ahead.

Supporting seniors has been on my mind. Did you know the Calgary Seniors Resource Society is right here in the riding? They do amazing work and can be reached at 403-266-6200. If you know a senior, or are one, give them a call! From friendly chats and rides to appointments to help navigating complex systems, their programs make life easier and more fulfilling. They also build meaningful connections between seniors and volunteers.

Health care remains a top concern for residents of all ages. I've heard from many of you about long ER wait times, difficulty finding family doctors, rising prescription costs, and reduced eyecare coverage for seniors. I'm advocating for hiring more doctors and medical professionals and strongly oppose the UCP's plan for for-profit health care, which would allow doctors to bill privately on top of public billing. I believe in a public health care system where you can see a doctor without paying out of pocket.

Want to see how I'm advocating for Calgary-Klein? Follow me on Instagram @lizettendp and other social platforms. Please keep emailing my office, your concerns help me speak up for you at the legislature.

Looking forward to seeing you at local winter festivals!

Lizette

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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.

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