

SEPTEMBER 2026

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GAZETTE

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Tuxedo Park Community Association



202 - 29 Avenue NE
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EXECUTIVE BOARD

President	Anne Johnson	president@tuxedoparkcommunity.ca
Vice President	Marina Kerr	vp@tuxedocommunity.ca
Secretary	Kelly Parker	secretary@tuxedoparkcommunity.ca
Treasurer	Shelby Milne	treasurer@tuxedoparkcommunity.ca

GENERAL DIRECTORS

Amy Lu, Peter Sanele, Sofi Biviano, Vishveshwar Jatain

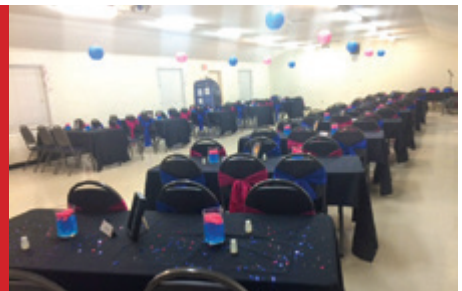
COMMITTEE CHAIRS

Communications and Gazette Editor	Sofi Biviano	communications@tuxedoparkcommunity.ca
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Membership	Peter Sanele	membership@tuxedoparkcommunity.ca
Social	Vacant	social@tuxedoparkcommunity.ca
Traffic/Development	Nicole Talbot	planning@tuxedoparkcommunity.ca

STAFF

General Manager	Shannon Bowen-Kelsick	gm@tuxedoparkcommunity.ca
Hall Rentals		hallrentals@tuxedoparkcommunity.ca

Tuxedo Park Community Association meetings are held on the second Thursday of every month, except July and August (no meetings). Meetings start at 7:00 pm and are being held in person at the community hall. All community residents are welcome to meet some of their neighbours, express their concerns, or sit in and hear what's happening in and around the community. For more information, please email president@tuxedoparkcommunity.ca. For Hall rentals, email hallrentals@tuxedoparkcommunity.ca.



SCAN HERE TO VIEW ADDITIONAL TUXEDO PARK CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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 five to eight hours per month.

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



SOCIAL

COMMITTEE

CHAIR

NEEDED!

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 QR code below for details and to stay up to-date on progress.



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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 opinions 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 form below 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:
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 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.



TUXEDO PARK CLASSES AND EVENTS

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

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, hips and shoulder opening, meditation, and deep rest.

Location: Upper Hall.

Date: Mondays.

Time: 7:15 pm.

Cost: Fee TBD and registration required. More information to come.

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: \$15 drop in

www.walkstrongcalgary.com

TPCA Seniors Fitness with Pat – Taking a Summer Break, Returning October 2026

The TPCA Seniors fitness class will be taking a break with no classes running July through September, with a restart of classes in October.

Budo Martial Arts*

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

Location: Upper Hall.

August: Tuesdays and Wednesdays.

September: Tuesdays and Thursdays.

Time: 5:30 to 6:30 pm.

Instructor: Sensei Eric.

Program: Kids Karate (Ages 4 to 18).

Contact: www.budomartialartscalgary.ca.

Zumba with Aspire to Inspire*

Starts September 9

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.

Changes to TPCA Classes and Programs

We have been working hard to balance our operational budget, and with the balancing of our budget we have had to make a change to the programs we have been offering. Our community-run programs will be changing from free classes to paid classes beginning in July 2026. The programs affected will be: TPCA Senior's Fitness with Pat, TPCA Hatha Yoga with Jennifer, and TPCA Walk15 Fitness with Nancy.

We are proud that we have run these classes for many years free of charge, unfortunately we cannot sustain the cost going forward. We are working with our amazing instructors to reformat the classes to be paid programming. More info to come.

Please watch our website and speak with your instructors on how to sign up for future classes.

If you have any questions, please contact gm@tuxedoparkcommunity.ca.



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



by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, "Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?" I responded that my city contact would ask our Infrastructure folks to see if they knew.

A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City's permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named "White Cloud" and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of "mountain" and "flat", so "flat-faced mountain". In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday's Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.



4-H INTRO CLUB

4-H Welcomes Calgary Families to Community Park Party

As another school year begins, many Calgary families are looking for activities that help young people build confidence, make friends, and discover new interests. One organization that has been doing exactly that for more than a century is 4-H.

While many people still associate 4-H with agriculture, today's program offers youth ages 9 to 15 opportunities to develop leadership, communication, teamwork, and practical life skills through hands-on learning experiences. Alongside traditional year-long clubs, 4-H Alberta also offers Intro Clubs, which are short-term programs allowing families to experience 4-H without committing to a full club year.

Recent Intro Club participants have explored everything from pottery, baking, robotics, and chocolate making, to horsemanship, food science, reptiles, and behind-the-scenes tours. The focus is less on mastering a single project and more on encouraging curiosity, trying new experiences, and building confidence along the way.

To help introduce more families to the program and reconnect with returning members before the new club year begins, 4-H Alberta is hosting a free community Park Party at the Dalhousie Community Association on Sunday, September 13, from 2:30 to 4:00 p.m.

The afternoon is designed as a casual community gathering where families can meet local 4-H leaders and members, participate in outdoor games and activities, enjoy light refreshments, gelato, and learn about upcoming fall 2026 Intro Clubs and traditional 4-H opportunities. Everyone is welcome, including families who are simply curious about what 4-H has to offer.

The event is free to attend, although advance registration is requested: www.4hab.com/member/4-h-alberta-intro-club-free-park-party-in-calgary.

Only one registration is needed per family. If you have questions, you can email introclubs@4hab.com.

Whether you're already part of the 4-H community or just wondering what it's all about, the Park Party offers a relaxed opportunity to connect with others and explore how 4-H continues to help young people learn by doing.



When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

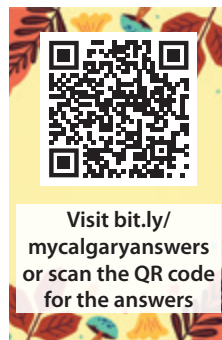
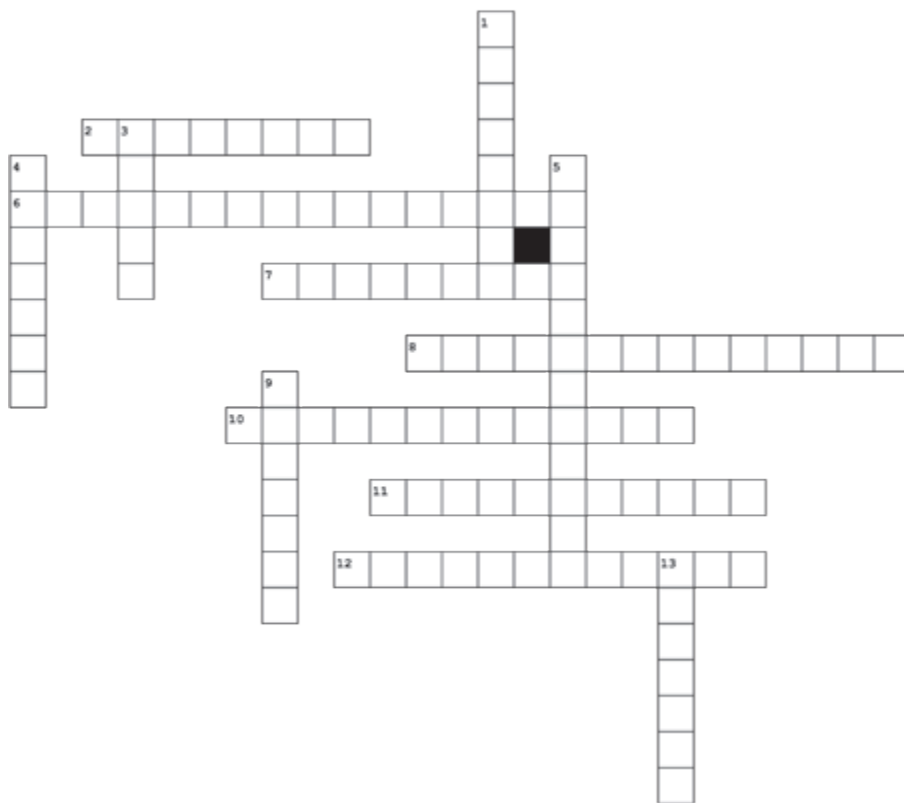
- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

September Crossword



Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



A Legacy at Risk

History has shaped Nose Creek—it's up to us to protect its future.

In the millennia before, people lived by the Nose Creek Valley in harmony with the natural landscape, and all life benefited from the nourishment that the valley provided. Learning about the valley's history while working with students at Mount Royal University, one of the projects focused on a timeline of the Nose Creek Valley:

2 Million Years Ago: Much of Alberta was covered with massive glaciers until about 20,000 years ago.

PLATE 35



A.—Beddington erratic. A glacial boulder of quartzite sandstone, 24 feet long, 23 feet wide and 15 feet above surface of ground, transported by ice from Rocky Mountains, to Nose creek valley, section 26, township 25, range 1, west of fifth meridian, about five miles north of Calgary.

14,000 Years Ago: After the glaciers receded, humans migrated to Canada (Turtle Island) from Siberia around 14,000 years ago.

1886 to 1900: Once the Canadian Pacific Railway reached what is now known as Alberta, settlers immigrated in great frequency.

1906 to 1955: In the last millennia, our city had a population spike jumping from 12,000 to 200,000 people. This rapid urbanization of the time saw the encroachment on the Nose Creek watershed as a dumping ground for waste from agricultural and industrial activities.

1955 to Yesterday: Calgary's urban sprawl has surrounded the Nose Creek Valley affecting the structure

of the creek, the native wildlife population, biodiversity, and water quality.



Now: It's not too late to repair the Nose Creek ecosystem.



"Everyone lives in a watershed.... Our fate flows with that of rivers."

Robert McFarlane, "Is A River Alive?"

Looking back and learning more about Nose Creek's history and the unsustainable decisions of the past, I know we can do better. As the current council lead of the Nose Creek Preservation Society, I want leadership at all levels to prioritize saving native land and the biodiversity it offers and embrace roles as stewards of this land we call home.

The land today would be unrecognizable to the first peoples who managed the land for over 14,000 years. It is sad to realize that it has taken humans less than a hundred years to transform the land so completely. Right now, the more we continue to develop unsustainably, the less biodiversity flourishes. We have driven nature away, not realizing that it's in connection to nature that we experience a better life.

We know it's not too late, there's always something we can do. Dedicated community members, organizations, and volunteers have made strides to reverse some of the damage through habitat restoration, pollution control, and public awareness.

Yet we need more. Every voice matters.

Humans are amazing creative beings... I think it's time that together we collaborate with nature in our own backyards to build healthier neighbourhoods.

Interested in learning more? Save the date for our annual general meeting on Sunday, September 27. We will be hosting our fourth annual AGM at the Nose Creek Valley Museum. Become/renew your memberships for the 2026-27 year and be invited to join in on a custom tour.

Please sign up for our newsletter for notification and details at savenosecreek.com/contact.

by Crystal Perzylo-Reynolds

Council Lead of Nose Creek Preservation Society

**BRAIN
GAMES**

SUDOKU

4	2		8		7			3
	6					1	2	7
3		7	5				8	
		4	9					2
	3						1	
1					5	3		
	8				4	2		
		6					3	
9			1		8		6	

**SCAN THE QR CODE
FOR THE SOLUTION**



Curbside Treasure Hunt: One Weekend, Countless Finds.

by The City of Calgary

On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying "free" for neighbours to take and/or explore your neighbourhood for free finds as well. It's a fun and easy way to give your things a second life and keep usable items out of the landfill.

How It Works:

1. Clear the Clutter.

Look around your home for items you no longer need, but someone else might love.

2. Label It "FREE".

Clearly mark each item with a "FREE" sign so people know it's part of the Treasure Hunt. Download a template at calgary.ca/treasurehunt.

3. Set It Out.

Place your items neatly at the curb Saturday morning.

4. Remove items that are NOT part of the hunt.

Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured so it's clear what's free to take and what's not.

5. Treasure Hunt!

Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled as "free").

6. Wrap It Up.

By Sunday, September 13 at 5:00 pm, remove any untaken items from your curb and consider donating them to a local charity.

For safety reasons, **please don't put out** items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location.

Let's keep good things out of the landfill. Happy treasure hunting!



MLA Calgary-Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

403-216-5430

✉ Calgary.Klein@assembly.ab.ca

✕ @lizettendp | 📷 lizettendp

Lately, it has become fashionable to glorify independence and the idea of being entirely self-made. Success is often treated as something earned through individual effort alone, with little recognition of the people and systems that make it possible. In reality, nobody achieves anything without the help of others. As Mr. Rogers famously said, when times are tough, “look for the helpers.” The truth is that we all rely on those helpers every day.

None of us succeeds alone. From the day we are born, our lives are shaped by the care, work, and support of others. Teachers help children learn and grow. Doctors, nurses, and caregivers help us heal when we are sick. Friends and family stand beside us in moments of joy and grief.

Beyond what we see every day, there are countless others whose work makes our lives possible. Farmers grow our food. Construction workers build our homes, schools, and roads. Transit operators, cleaners, retail employees, and service workers keep our communities running. Society simply could not function without them.

This interdependence is not a weakness. It is one of our greatest strengths. When people work together, communities become safer, healthier, and more resilient. That is why public education, universal health care, and strong social programs matter. They reflect a simple belief: everyone deserves dignity, opportunity, and support when life becomes difficult.

The real measure of a strong society is not how many people can stand alone. It is how well we stand together. Every achievement, large or small, is built on the efforts of others. Recognizing that truth does not diminish individual success. It reminds us that our greatest accomplishments are possible because we support one another, and because we are, in many ways, in each other's care.



MP Calgary Confederation
Corey Hogan, MP

207-1717 10th St NW

Calgary, AB T2M 4S2

📞 403-410-2121

✉ corey.hogan@parl.gc.ca

This summer has been marked by Calgary receiving federal dollars for two exciting projects: the Olympic Oval at the University of Calgary and Contemporary Calgary. I was proud to take part in both announcements, which demonstrate the federal infrastructure investments being made in Alberta.

One of the ways we strengthen communities is by investing in sport. Creating more opportunities for Calgarians to play, train, and proudly wear the maple leaf on the world stage brings us together and inspires all generations.

To that end, I was proud to have advocated for federal funding to come to the University of Calgary's Olympic Oval, which received up to \$26 million through the Build Communities Strong Fund. This investment will support the rehabilitation and modernization of the Oval—a legendary facility that hosted the 1988 Olympic Winter Games and remains home to the fastest ice in the world. It has nurtured generations of Olympic medallists and world-record holders, and this funding secures its long-term operation and accessibility for years to come. More than an elite training centre, the Oval is a community hub that keeps Calgary's reputation as a world-class sporting city strong.

Contemporary Calgary received up to \$40 million through the Build Communities Strong Fund. This investment will transform our historic Centennial Planetarium—home to Contemporary Calgary—into one of Canada's leading destinations for contemporary art, education, and community gathering. Expanding public access to the arts, creating a new gallery, education spaces, and revitalizing Calgary's Downtown West End, all while preserving one of our city's most recognizable landmarks through adaptive reuse.

Projects such as these enhance connectivity in our community and drive economic growth. Infrastructure is the foundation of healthy and prosperous communities, and of a strong Canada.

From our ice to our galleries, these investments will Build Calgary Strong.

I am honoured to be your MP,

Corey Hogan

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