

FEBRUARY 2026

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CAMBRIAN HEIGHTS



ROSEMONT



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Who's Making Life Better for Calgarians with Disabilities? The Advisory Committee on Accessibility Wants You to Nominate Them for an Award

by The City of Calgary

Now is the time to nominate an individual or group that's helping people with disabilities live a good life in Calgary. Nominations run from February 9 to 23, 2026.

The Advisory Committee on Accessibility's annual awards program started in 2006. The committee is a City Council committee consisting of citizens with disabilities and a keen interest in access issues. Working closely with the community and The City of Calgary, the committee makes recommendations to City Council on policy and systems issues, and barriers impacting people with disabilities in Calgary.



The last Accessibility Awards were presented to Lionel Migrino (Advocacy Award for an Individual), Lacrossing Barriers (Advocacy Award for an Organization), Skye Luk (Transportation and Mobility Award), and Pamela Butvin (Universal Design Award).

To submit a nomination or learn more about the awards (including award categories, criteria, winners and their work), visit Calgary.ca/accessibilityawards.

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION



Name: _____

Address: _____

E-mail: _____ Phone: _____

(Personal information is used to inform members of Community events only, no information is shared with other organizations or individuals other than those associated with Cambrian Heights Community Association).

Membership Type: (Please Select one only)

CAMBRIAN HEIGHTS RESIDENTS: (voting member)

Senior (\$5.00) Individual (\$10.00) Family (\$20.00) Corporate (\$50.00)

NON- CAMBRIAN HEIGHTS RESIDENTS: (non-voting member)

Associate (\$20.00) Edelweiss (\$25.00)

Please indicate Associate membership purpose: McKnight Soccer Yoga Events

Membership term is for 1 year and is current from Jan 1 of the year purchased until Dec 31 of the same year as per the Community Association Bylaws.

Return the completed form with a cheque payable to the Cambrian Heights Community Association and mail or drop off at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

Cambrian Heights Community Association

600 Northmount Drive NW • Calgary, Alberta T2K 3J5
 Phone: 403-284-1175 • Email: CHCA_HALL@telus.net
 Website: <http://www.cambrianheightscommunity.com>

Bylaw Article 4.8.3: The quorum for the transaction of business at any Board meeting shall be one third of the standing Directors plus two. Voting Members required for quorum is 9/3=3+2=5 members. Maximum of 18 Voting Members.

Position	Name	Email	Vote
President	Daryl Connolly	president@cambrianheightscommunity.com	Yes
Treasurer	Joseph Slater	treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Stephanie Melville	sem.melville@gmail.com	Yes
Membership Coordinator	Jennifer Manns	members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	planning@cambrianheightscommunity.com	Yes
Director - Casino / Garden	David Babich	david@babich.ca	Yes
Director	Vacant		Yes
Director	Evan Wan	evanwan@outlook.com	Yes
Director - Farmers Market	Valerie Vallance	vvallance@shaw.ca	Yes
Committees - Non Voting			
Rink Coordinator	Brent Else	belse@ucalgary.ca	No
Hall Manager	Lora Riep	CHCA_hall@telus.net	No
City Liaison	Keith Magill	keith.magill@calgary.ca	No
Social Committee	Betty Bacque	social@cambrianheightscommunity.com	No

CHCA

MEETINGS: First Monday of the month, except in July and August. Contact the President if you wish to attend.

Contact Hall Manager Lora for bookings at 403-284-1175.

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CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

At the writing of this President's message, the City was under water use restrictions which impact our ability to maintain our two outdoor ice surfaces. We were also at the front end of a chinook weather system which negatively impacted our outdoor ice sustainability. We will however take what measures we can to maintain the ice surfaces for our annual Polar Party scheduled for Saturday, January 31. Our indoor food-focused Farmers Market will also kick-off on that Saturday from 11:00 am to 3:00 pm and run every two weeks into early May. The winter market features vendors who participated in our market last summer, as well as new entries. The February 14 Farmers Market will feature live music to enjoy while shopping and mingling with neighbours. We hope our residents will continue to benefit from this opportunity to access fresh products while supporting local area merchants.

As we progress into the spring months, visit our revised website (www.cambrianheightscommunity.com) to learn about upcoming social activities. We'll be planning another volunteer appreciation event sometime in March or April. You can also find the history of Cambrian Heights and useful planning and development messages on the website. In that regard we will be watching how our City Council and Ward 4 Councillor DJ Kelly progress in 2026 towards eliminating or modifying the R-CG zoning regulations enacted in 2024. These regulations allow the development of up to four units with secondary suites on what was a single-family residential lot. We encourage residents to review the Restrictive Covenant terms over a large area of Cambrian Heights which may protect against such development. The terms can be found on our website. All residents should check their land titles for Restrictive Covenants as there are a number of them in place throughout the community.

The Community Association funds its activities and operates our facilities from rental monies, memberships, and proceeds from our Casino dates. This year we have been assigned Casino dates of June 8 and 9. Over 40 volunteers are needed to meet our obligations and realize this critical funding source. While months away, it is never too early to begin planning. If you have volunteered before or wish to offer your time for a few hours on one of those days, please contact our Casino Director David Babich at

casino@cambrianheightscommunity.com for more information.

We are always looking for participation and comments from residents. If you have ideas for new events, questions on developments on your street, hall rental for birthdays, anniversaries or weddings, please feel free to contact any of our Directors whose email addresses are on the website or in the monthly newsletter. We wish everyone to enjoy our parks and community activities through the winter months.

Daryl Connolly

President CHCA



Cambrian Heights Community

WEDNESDAY DROP-IN YOGA

6:30-7:30 PM

IN-PERSON AT CHCA OR GOOGLE MEET

January 7 - June 24, 2026

FIND BALANCE
on and off the mat.

CALL 403-244-3001 TO INQUIRE



CAMBRIAN
HEIGHTS

WINTER FARMERS MARKET

EVERY OTHER SATURDAY
JANUARY 31 - MAY
11 A.M. TO 3 P.M.

CAMBRIAN HEIGHTS
COMMUNITY ASSOCIATION
600 NORTHMOUNT DRIVE NW

Rosemont Community Association

PO Box 75007, 9 – 728 Northmount Drive NW,
Calgary, Alberta, T2K 6J8
Ph: 403-289-6533 • info@Rosemontyyc.com

BOARD OF DIRECTORS

President	Matthew Guilherme
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Vacant
Hall Agent	Jacquie Brennan
Newsletter Coordinator	Matthew Guilherme
Development Committee	Adrian Kerry
Ice Rink Coordinator	Kurt Westergard
Other Board Members at Large	Jean Blackstock

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ROSEMONT COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION FORM

Rosemont has two membership options. Both options cover all members of a household:

- **Rosemont Resident Membership: FREE**
- **Associate Membership (live outside Rosemont): \$20**

1. Fill out the form at Rosemontyyc.com/membership OR
2. Complete this form and mail to PO Box 75007, 9-728 Northmount Drive NW T2K 6J8.

Name(s): _____

Address: _____ **Postal Code:** _____

Email(s): _____

Only include email addresses if you want to receive email updates.

For mailed-in associate memberships, please make cheques payable to the Rosemont Community Association. If you are emailing us for an associate membership, we will contact you to arrange payment.

Please note: Membership term is for 1 year from September 1 to August 31. Membership is required for most community-based sports associations. Members also receive 10% discount on hall rentals.

Website and Hall Rentals Visit Rosemontyyc.com for all community-related information, including upcoming events and hall rental info. Register for our monthly email blasts and sign up for a community membership too.



ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

The ice rinks have had another eclectic year so far. After a very late start to flooding due to warm weather in November, the rinks were terrific over the holiday season, but it was so stinkin' cold that they didn't get used as much. And with the Bearspaw water main break at the end of the year, water restrictions prohibited us from some prime flooding time in early January. But that didn't stop the Ice Guys from scraping consistently and even thinking outside the box. While waiting for their showers to warm up, they put buckets under the faucets to save that clean water that would have otherwise gone to waste and brought it down to help fill big divots in the ice. Talk about dedication to the ice! There is a reason we have the best outdoor ice rink in the city, and it is all thanks to dedicated volunteers. So, a big thank you guys!

Shinny has been off to a good start again in January. Once again, a big thanks to the wonderful volunteers this year!

We may be hosting a joint community and school skating party in early February so please visit our website for more information.

December and January were busy for us at the hall with some upgrades and changes. We implemented a fire alarm system, lighting updates, painting, barn doors to hide the tables and chairs, and other various improvements that make for a better experience for all those who use the hall. Thank you Kurt for all of your work during this time!

Ensuring sidewalks are clear is not only part of being a great neighbour, but it is also your responsibility,

and you can face fines up to \$750. While gas-powered blowers are permitted to assist with these activities, we ask that you try to be mindful of their use, particularly during early hours as they can be quite loud for surrounding neighbours in the crisp air. Please visit calgary.ca/snow for all bylaws and info related to snow removal and noise. Thank you for your help in being great neighbours and keeping Rosemont a great place to live.

If you are interested in helping with our community association, we always welcome new ideas and folks. We still have our Secretary position available, or if you are interested in becoming a board member, please reach out to info@rosemontyyc.com for more information.

As always, keep looking after family, your neighbours, and yourselves.

Matthew



BRAIN GAMES

SUDOKU

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

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FOR THE SOLUTION



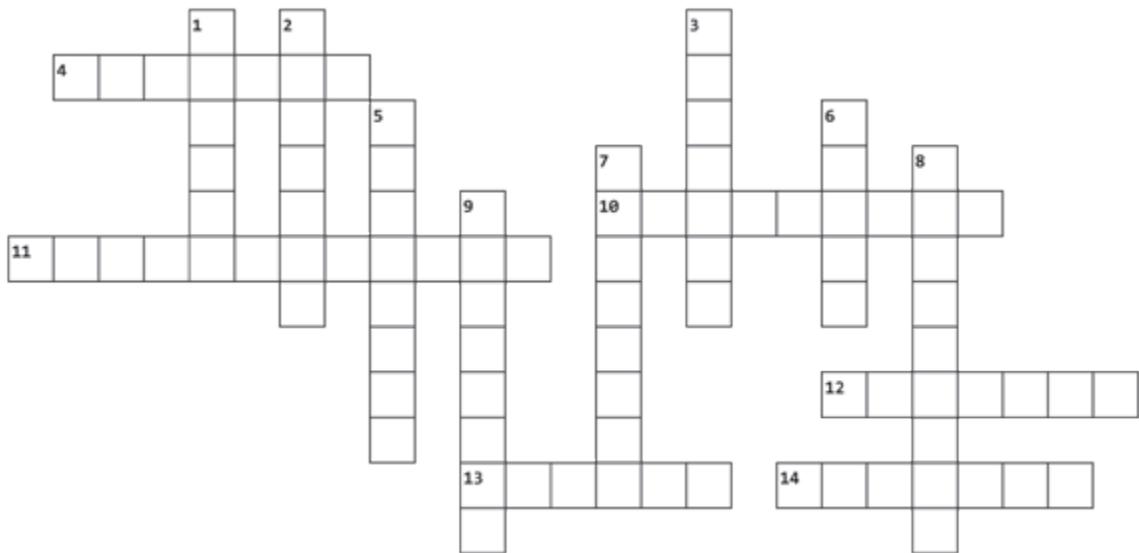
Palms

What kind of tree fits in your hand?
A palm tree



Background: A decorative border of palm leaves on a white background.

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



SCAN THE
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ANSWERS!



News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

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.

Telephone language interpretation service available on all lines.

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.

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta’s example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year’s Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan’s family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine’s Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.



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Hello Calgary-Klein!

As we head into February, I hope you're all staying warm and taking in the winter happenings around the city and your community! With Valentine's Day on the horizon, I remember that it is also Heart and Stroke Month. This month is an opportunity to learn more about cardiovascular health, the risks of heart disease and stroke, and what steps we can take toward prevention.

I'm committed to advocating for more family doctors and wraparound health services so you can access the care you need, when you need it. Working closely with your family health team is an important part of that effort. It is also critical that on a provincial level we commit to strengthening public funding and delivery of healthcare to better meet the needs of Albertans.

Winter is also a great time to explore our beautiful neighbourhoods! Whether it's cross-country skiing in Confederation Park or snowshoeing near the creek at Queens Park Cemetery, there's so much to enjoy. A few weeks ago, I had the pleasure of touring the hidden creek behind the cemetery with the Friends of Confederation Creek—it was a real gem! What's your favourite hidden treasure or historical spot in the riding?

We head back to the Legislature at the end of this month, and as I prepare for session and budget deliberations – I'd like to have a conversation with you! Please join me for a town hall to talk about what your vision is for the province, and what your priorities are. We will be gathering on Thursday, February 19, 7:00 pm at Crossroads Community Association. For registration details, please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430. Hope to see you there!

Lizette

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