

FEBRUARY 2026

DELIVERED MONTHLY TO 6,200 HOUSEHOLDS

THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION

*Huntington
Hills*
COMMUNITY ASSOCIATION



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



403-771-8771

anita@anitamortgage.ca

ANITA RUSSELL

Licensed by Avenue Financial

TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY, READ THE HONKER!

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses
that make our neighbourhood
thrive, and make this
publication possible.

403-720-0762
grow@greatnewsmedia.ca



SCAN ME

Free/Low-Cost Legal Services



In partnership with Calgary Legal Guidance and trusted law firms, qualified adults age 55+ will now be able to access free/affordable legal assistance with:

- Wills
- Personal Directives
- Enduring Power of Attorney

Services are available in English, Cantonese, and Mandarin, ensuring accessibility and cultural sensitivity. Contact us today to learn more or book an appointment.

www.mpcfdn.ca | (587) 480-7373 | legal@mpcfdn.ca

Organizer:  MPC Foundation
Where Aging is Celebrated

Funder: Alberta **LAW FOUNDATION**

OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

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



COMMUNITY ASSOCIATION

520 – 78 Avenue NW, Calgary

EXECUTIVE BOARD MEMBERS

President	Maren Tryon
Vice President	Sarah Murdoch
Treasurer	Tim Hungate
Secretary	Michael Helfrich

BOARD OF DIRECTORS

Director at Large	Kurt Layton
Director at Large	John Hunter

HUNTINGTON HILLS COMMUNITY ASSOCIATION STAFF

Executive Director	Rick Lundy
Facility Rental and Programs Manager	Carrie Williams
Marketing and Community Engagement Manager	Vacant
Operations Manager	Scott Wasdal
Curling Manager	Brian Campbell
Accounting	Sueley Dinelli
OOSC Director of Children Services	Cassandra Nelson
OOSC Director of Children Services	Carmel Semblante



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.

Where Community Becomes Family

403-275-6666

Register or drop-in for programs!



Curling



[@huntingtonhillscurlingcalgary](https://www.facebook.com/huntingtonhillscurlingcalgary)

Out of School Care & Camps

[@huntingtonhillsoosc](https://www.facebook.com/huntingtonhillsoosc)



Arena, Gym, & Facility Rentals



[@huntingtonhillsca](https://www.facebook.com/huntingtonhillsca)
[@hhcayyc](https://www.instagram.com/hhcayyc)

Sign up for E-news updates!



www.huntingtonhillscommunity.ca



Huntington
Hills

COMMUNITY ASSOCIATION



HUNTINGTON HILLS FOOD PANTRY



CRUNCH
SNACK



CLOSED
AS OF DECEMBER 24TH

RE- OPEN
TBA IN 2026

PICKLEBALL TIMES

BEGINNER DROP-IN TIME EVERY TUESDAY @ 2:00 PM

MONDAY:

12:00PM - 2:00PM
2:00PM - 4:00PM

TUESDAY:

10:00AM - 12:00PM
12:00PM - 2:00PM
2:00PM - 4:00PM

WEDNESDAY:

2:00PM - 4:00PM

THURSDAY:

9:00AM - 11:00AM
11:00AM - 1:00PM
1:00PM - 3:00PM
3:00PM - 5:00 PM

FRIDAY:

12:00 PM - 2:00 PM
3:00 PM - 5:00 PM



YOGA

With RYT Judy Chan

5 Sessions for \$50 with an HHCA Membership

Slow & Strong

Tuesdays

Jan 27th - Feb 24th

6:45 - 7:45 pm

Flow

Thursdays

Jan 29th - Feb 26th

6:45 - 7:45 pm

Sign up today!

www.huntingtonhillscommunity.ca



*Huntington
Hills*

COMMUNITY ASSOCIATION

PILATES

REGISTER TODAY

January 15th - February 12th

THURSDAY EVENINGS

5:30PM - 6:30PM

Become an HHCA Member to Register!

Huntington
Hills
COMMUNITY ASSOCIATION



HHCA OUT OF SCHOOL CARE

KINDERGARTEN SPACES LEFT

SERVICING THE FOLLOWING SCHOOLS:

- ALEX MUNRO
- DR. J.K. MULLOY
- HHES
- ST. HENRY
- ST. HUBERT
- BEDDINGTON HEIGHTS

FOR MORE INFORMATION EMAIL:
elccadmin@huntingtonhillscalgary.com

*Huntington
Hills*

COMMUNITY ASSOCIATION

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."

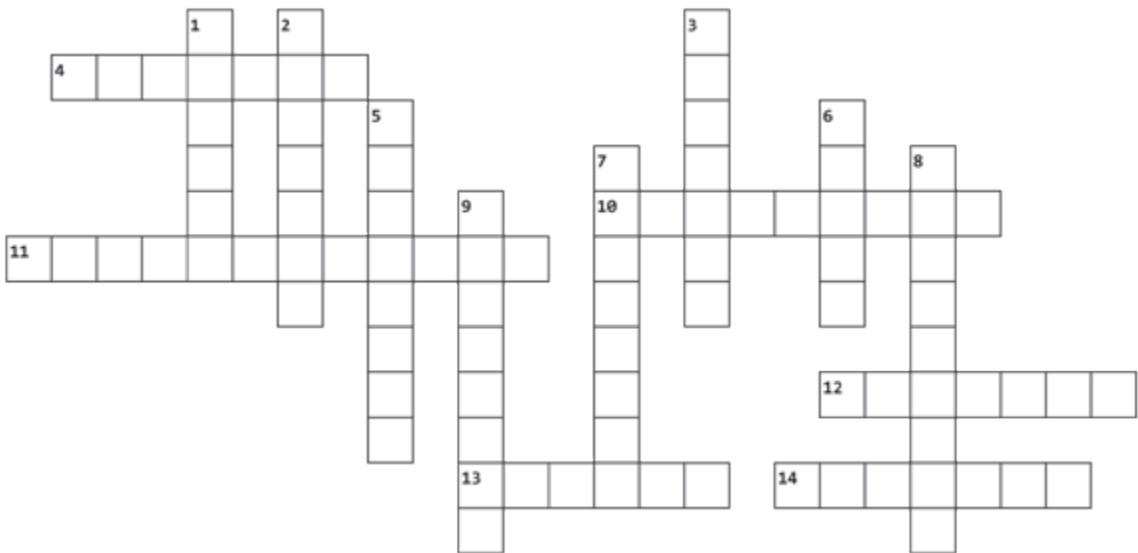
9. Anchor acceptance in boundaries

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?"

February Crossword



Across

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

Down

- This North American country celebrates National Flag Day on February 15 annually.
- During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
- At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
- Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
- The 2026 Chinese Zodiac is this equine beauty.
- 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.
- The XXI Winter Olympic Games were held in this Canadian city in 2010.
- 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



4-H INTRO CLUB

Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

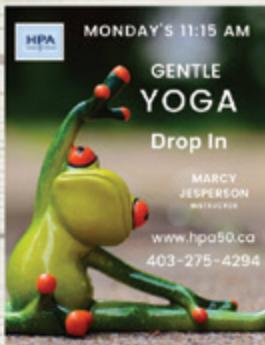
Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at 4hab.com/member-programs/ or email introclubs@4hab.com.

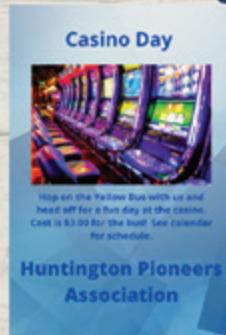


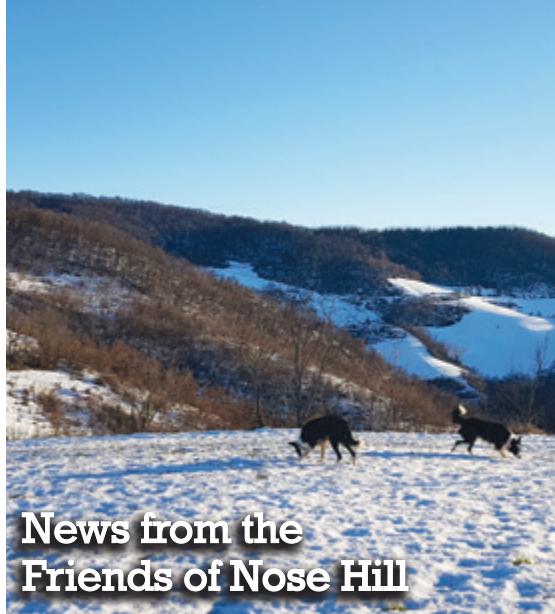
Huntington Pioneers Association

www.hpa50.ca
pioneers50@shaw.ca
403-275-4294



Come Try Something New!





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.

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 QR CODE FOR THE ANSWERS!



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

SCAN THE QR CODE FOR THE SOLUTION





Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



ANITA RUSSELL **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

The Voice of Cartoon Legends



What do Bubbles from *The Powerpuff Girls*, Timmy Turner from *The Fairly OddParents*, and Dil Pickles from *Rugrats* have in common? They were all brought to life by the same Canadian voice actress: Tara Strong. Celebrating her birthday on February 12, Tara has built an extraordinary career from *Teen Titans* to *Ben 10* and beyond.

SCAN HERE TO VIEW ADDITIONAL HUNTINGTON HILLS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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.

HUNTINGTON HILLS 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.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

AAA HEATING AND PLUMBING: Specializing in residential service and installation. Our services include furnace replacements and repairs, hot water tank replacements and repairs, boiler service and replacements, and full plumbing services including augering and camera/video inspections. Call 403-474-5443 today. We accept Debit, VISA, MasterCard, and American Express at no extra charge. aaaheatingandplumbing.ca.

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.



**RINGETTE PROVIDES
AN OPPORTUNITY TO...**

REGISTER HERE



COMETRYRINGETTE.CA



- ✓ **DISCOVER NEW SKILLS**
- ✓ **BE PART OF A TEAM**
- ✓ **MAKE FRIENDS**
- ✓ **GET ACTIVE**
- ✓ **HAVE FUN**



April is Come Try Ringette month, and there will be many sessions in Calgary.

Scan the QR code to register or visit: cometryringette.ca



TRUE **SPORT** | **SPORT** **PUR**