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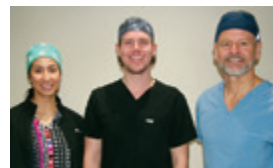
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PARKDALE CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Parkdale Community Association (PCA)



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office@parkdaleyyc.com
www.parkdaleyyc.com

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| | |
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| Vice-President | Stephanie Hagmann vice.president@parkdaleyyc.com |
| Secretary | Sheila Hyatt secretary@parkdaleyyc.com |
| Treasurer | Megan Claeys treasurer@parkdaleyyc.ca |

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| Events Director | Paula Espinoza Bill Schultz events@parkdaleyyc.ca |
| Garden Director | Sheila Hyatt (Director) Courtney Lester (Chair) garden@parkdaleyyc.ca |
| Director-At-Large | Stephanie Best |
| Director-At-Large | David Nelson Elske |
| Director-At-Large | Kevin Thompson |
| Director-At-Large | Jeff Walden |

PCA STAFF

| | |
|------------------------------------|---|
| Manager, Programs and Partnerships | Vacant programs@parkdaleyyc.com |
| Facility and Operations | Mike Talarico facility@parkdaleyyc.com |

Instagram: @parkdaleyyc

Facebook: @parkdalecommunityassociation

Join the Parkdale Community Association – Your Voice Matters

Becoming a member of the Parkdale Community Association (PCA) is one of the easiest and most meaningful ways to support our community and have a say in its future.

Whether you sign up as a single, family, or senior member, PCA membership gives you the right to vote at the Annual General Meeting (AGM) and Special General Meetings. This means you can directly share your opinions on how the PCA is run and help shape the programs, events, and initiatives offered in Parkdale.

Your membership also strengthens the PCA's voice on issues that matter locally, including community safety, traffic concerns, and planning and development. A strong membership shows decision-makers that Parkdale residents are engaged, informed, and united.

In addition, members can take part in popular community programs such as the Community Garden and Parkdale soccer programs and may opt in to receive weekly PCA email newsletters featuring upcoming events, volunteer opportunities, and important updates, including information about the AGM.

Support your community. Stay informed. Make your voice heard.

Join the PCA today and help shape Parkdale's future.





THE PARKDALE COMMUNITY ASSOCIATION IS LOOKING FOR VOLUNTEERS!

Whether you want to join a committee or volunteer once, we would love to have you! We are looking for volunteers to join the community garden, rink, planning and development, and events committees. There are also opportunities to get involved with soccer, help out at a specific event, or if you have other skills or talents that you would like to share with your community, please reach out!

garden@parkdaleyyc.com
rink@parkdaleyyc.com
events@parkdaleyyc.com
soccer@parkdaleyyc.com

SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



Lace Up, Parkdale! Our Community Rink Is Ready to Glide You Through Winter

If winter had a heartbeat in Parkdale, it would be the sound of skates on ice and laughter echoing across the rink. Our beloved community skating rink is open daily from 9:00 am to 9:00 pm, welcoming skaters of all ages, abilities, and skill levels—from first-time wobblers to seasoned spinners.

Because the rink is such a popular hub, there are occasional private bookings, so before you head out, be sure to check the schedule on the Parkdale Community Association website. While the rink is a public community space, private rentals play a role in helping cover maintenance costs, keeping the ice smooth and the lights on for everyone. If you're interested in hosting a birthday skate, team event, or special gathering, please contact rink@parkdaleeyyc.com.

We're especially excited about a fantastic partnership with the Calgary Sledge Hockey Association, bringing para ice hockey to Parkdale residents—and all Calgarians! Every Wednesday from 6:00 to 8:30 pm, neighbours are invited to gather around the fire pit to cheer on these incredible athletes. With special support from the Hockey Alberta Foundation's Every Kid Every Community grant, this program offers a truly one-of-a-kind opportunity to learn para ice hockey, participate, and connect socially. It's inspiring, inclusive, and full of community spirit—don't miss it!


Mark your calendars for February 14! The Parkdale Community Association will be hosting a Valentine's Day Community Skate, and everyone is invited. Bring your friends, family, neighbours, or that special someone,



and celebrate love, laughter, and winter fun on the ice. All ages are welcome—whether you're skating hand-in-hand or sipping warm drinks by the fire.

A friendly reminder: our rink is largely run by dedicated volunteers who give their time to flood ice, maintain the space, and keep things running smoothly. Please help us by taking care of the rink—clean up after yourself, respect the space, and follow posted guidelines. And if you'd like to get involved, we're always looking for more volunteers, please reach out to rink@parkdaleeyyc.com.

See you at the rink, Parkdale—let's make this a winter to remember!



360 Degrees

Without turning their heads, rabbits can see nearly 360 degrees, as well as high above themselves. Their eyes are placed high and to the sides of their head which gives them this range of sight, though they do tend to be farsighted.

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SCAN ME

Customer Review Period (January 14 to March 23) Is Your Opportunity to Review and Ensure the Accuracy of Your 2026 Property Assessment

by The City of Calgary

Your 2026 property assessment is mailed out January 14. The 2026 Customer Review Period (CRP) runs from January 14 to March 23. CRP is your opportunity to review and ensure the accuracy of your 2026 property assessment and learn more about how your assessment was determined.

What to look for when reviewing your assessment:

- Is your market value assessment a reasonable estimate as of July 1, 2025?
- Are the property details we have on record, correct?
- Is your assessment fair when compared with others in your neighbourhood?

Each year, The City and the Province separately set a budget and decide how much money they need from property tax. Your share of property tax is based on your assessment class and the assessed value of your property. Your 2026 property tax bill will be mailed in May, but you can get an estimation of it now by visiting calgary.ca/taxcalculator.

To help you review your property assessment we offer general resources on calgary.ca/assessment and property specific tools through the secure log in feature of calgary.ca/mytax. By logging onto myTax you can:

- Check your property details and ensure they're correct. *Incorrect property details can result in your assessment not accurately reflecting the value of your property.
- Compare your property's assessed value to similar properties in your area.
- Review real estate market trends and learn how your property was assessed.

Questions? Visit calgary.ca/assessment or call 3-1-1. Customer Review Period ends March 23.



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.

A pink-themed poster for a Valentine's Day Community Skate. The background is a light pink with various heart shapes, some hanging from dotted lines, and soft white clouds. The main title is in a large, white, cursive font. The date is in a bold, white, sans-serif font. A red rectangular box contains white text providing details about the event.

Valentine's Day Community Skate

February 14, 2026

Come skate or sit around the fire with your loved ones, friends, and neighbours at the PCA rink. All ages and abilities welcome! Hot drinks and snacks will be provided between 3:00 to 5:00 pm. To ensure that everyone feels safe and welcome, please refrain from using hockey pucks and sticks during this time. Open skate as usual the rest of the day.

PARKDALE COMMUNITY



U4-U10 PROGRAMS

WEEKDAY EVENINGS

APRIL-JUNE

WESTMOUNT CHARTER SCHOOL FIELDS



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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?"



RINK
DAILY HOURS OF
OPERATION
9:00AM – 9:00PM
(LIGHTS OFF)



PCA RINK RULES

Please make yourself aware of the fire safety plan posted about the fire wood.

Keep the area clean. Garbage must be removed before leaving the area.

Fire pit door may be hot, use caution when opening.

When you're finished, ensure the fires completely out.

In case of an emergency call 911



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PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
2. **No** Use of Ramps, Rails or Obstacles
3. **No** Hanging on Basketball Rims
4. **No** Game Play Outside of the Rink
5. Protective Equipment Highly Recommended (helmets, padding)
6. **Do Not** Damage PCA Property / Facility Equipment
7. Volunteer Run, Please Help Keep it Clean

For Rental/Program Information,
Please website: www.parkdaleeyyc.com or
TV schedule inside Locker Room

This area is monitored 24/7 by CCTV
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YOUR CITY OF CALGARY

Chinook Blast: Calgary's Signature Winter Celebration Is Back

by The City of Calgary



Chinook Blast is Calgary's ultimate winter festival that showcases the very best of our city. For six years, this celebration has brought winter magic to life—and we're just getting started.

From January 30 to February 16, Chinook Blast returns, promising the most spectacular experience yet. We're turning up the heat at Eau Claire Plaza, transforming it into a dazzling winter wonderland filled with vibrant art installations, live music, and unforgettable adventures.

Built by Calgarians, for everyone, Chinook Blast is proudly local. It's a family-friendly, inclusive festival that celebrates creativity and community while drawing visitors from across Calgary and around the world.

Join us as we make winter extraordinary. Learn more at chinookblast.ca.

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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.



A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!



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