

FEBRUARY 2026

DELIVERED MONTHLY TO 2,350 HOUSEHOLDS

your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



## 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.

ANITA RUSSELL

Licensed by Avenue Financial



403-771-8771

[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)



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

**REGISTER HERE**



[COMETRYRINGETTE.CA](http://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](http://cometryringette.ca)



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



## BOWGLEN MEDICAL CENTRE

Unit 121 - 4411 16th Ave NW, Calgary, AB T3B 0M3

*"Always Caring and Always Available"*

A UNIQUE FAMILY AND WALK-IN CLINIC

We also do virtual consults

**WE WELCOME OUR NEW PHYSICIANS ACCEPTING NEW PATIENTS!**

Dr. Inemesit Edu Udoekwere (Female Family Physician), MBBCh, MRCGP (UK)

Dr. Edu Udoekwere (Family Physician), MBBS, FWACP, MNPMCN, DROG (UK), MRCGP (UK), CCFP

Dr. Adefolabo Sami (Female Family Physician), MBBS, MRCGP (UK), CCFP

Dr. Olubunmi Alabi (Pediatrician), MBBS, MWACP, DCH, FCPAED

**NOW OPEN FOR NEW BOOKINGS!**

Call: 587-392-9670 Visit: [bowglenmedicalcentre.com](http://bowglenmedicalcentre.com)

# Point McKay DENTAL CARE

General Dentistry

Cosmetic

Implants

Invisalign

Botox

Oral Surgery

Children's  
Dentistry

Restorative  
Root Canals

Wisdom Teeth  
Extraction

New patients receive a  
free Sonicare toothbrush  
with: full exam, X-rays  
and cleaning

East Riverside Tower  
#4-145 Point Drive NW  
Calgary, AB T3B 4W1  
**403.283.7829**



## Experience the Difference

At Point McKay Dental Care, we're committed to creating a friendly, comfortable experience for every patient that comes through our doors.

Led by Dr. Jess McKie, Dr. Paul Hul and Dr. Sheila Lipinski, our team takes pride in delivering high-quality, patient-centered care you can trust.

Book your appointment today!

Monday - Tuesday: 1 pm - 8 pm

Thursday: 7 am - 3 pm

Wednesday: 7 am - 8 pm

Friday: 8 am - 4 pm

**Emergencies - Direct Billing - Extended Hours - Full Family Dentistry - New Patients Welcome**



CALGARY FINE DENTISTRY

Dr. Lauren  
Vredenburg

Practice owner



Carrying forward a tradition of gentle, trusted dental care in Calgary.

Suite #206, 1910 20th Ave NW, Calgary  
www.calgaryfinedentistry.com  
403-284-3061



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



OFFICIAL

PLUMBING & HEATING

\$50

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



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.



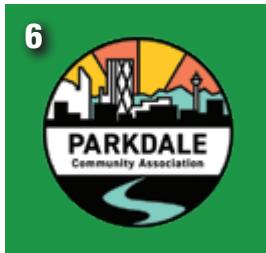
ANITA  
RUSSELL

403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial

# CONTENTS

- 6 JOIN THE PARKDALE COMMUNITY ASSOCIATION – YOUR VOICE MATTERS**
- 8 LACE UP, PARKDALE! OUR COMMUNITY RINK IS READY TO GLIDE YOU THROUGH WINTER**
- 11 VALENTINE'S DAY COMMUNITY SKATE**
- 13 MENTAL HEALTH MOMENT: STAYING IN RELATIONSHIPS THINKING THE OTHER PERSON WILL CHANGE, NOW WHAT?**
- 15 BUSINESS CLASSIFIEDS**



**SCAN HERE TO VIEW ADDITIONAL  
PARKDALE CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



**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.

# Parkdale Community Association (PCA)



3512 5 Ave NW, Calgary AB T2N 0V7  
403-283-5767  
[office@parkdaleyyyc.com](mailto:office@parkdaleyyyc.com)  
[www.parkdaleyyyc.com](http://www.parkdaleyyyc.com)

## DIRECTORY

### EXECUTIVE

President	Jeremy Methot <a href="mailto:president@parkdaleyyyc.com">president@parkdaleyyyc.com</a>
Vice-President	Stephanie Hagmann <a href="mailto:vice.president@parkdaleyyyc.com">vice.president@parkdaleyyyc.com</a>
Secretary	Sheila Hyatt <a href="mailto:secretary@parkdaleyyyc.com">secretary@parkdaleyyyc.com</a>
Treasurer	Megan Claeys <a href="mailto:treasurer@parkdaleyyyc.ca">treasurer@parkdaleyyyc.ca</a>

### BOARD OF DIRECTORS

Rink Director	Richard Marquardt <a href="mailto:rink@parkdaleyyyc.com">rink@parkdaleyyyc.com</a>
Events Director	Paula Espinoza Bill Schultz <a href="mailto:events@parkdaleyyyc.ca">events@parkdaleyyyc.ca</a>
Garden Director	Sheila Hyatt (Director) Courtney Lester (Chair) <a href="mailto:garden@parkdaleyyyc.ca">garden@parkdaleyyyc.ca</a>
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 <a href="mailto:programs@parkdaleyyyc.com">programs@parkdaleyyyc.com</a>
Facility and Operations	Mike Talarico <a href="mailto:facility@parkdaleyyyc.com">facility@parkdaleyyyc.com</a>

Instagram: [@parkdaleyyyc](https://www.instagram.com/parkdaleyyyc)

Facebook: [@parkdalecommunityassociation](https://www.facebook.com/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.

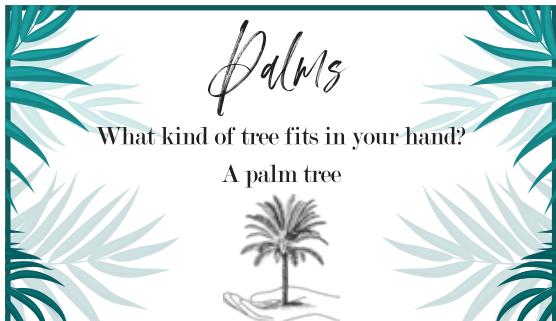
Whether you sign up as a single, family, or senior member, PCA membership gives you the right to vote at the Annual General Meeting (AGM) and Special General Meetings. This means you can directly share your opinions on how the PCA is run and help shape the programs, events, and initiatives offered in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



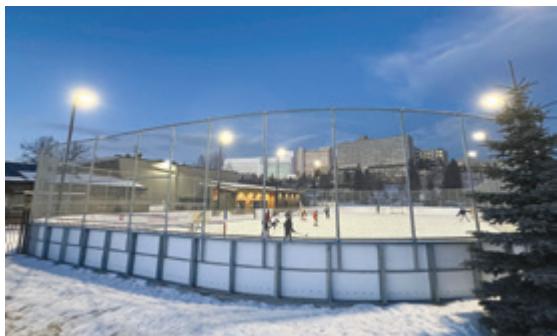
# Lace Up, Parkdale! Our Community Rink Is Ready to Glide You Through Winter

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@parkdaleyyyc.com](mailto:rink@parkdaleyyyc.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!

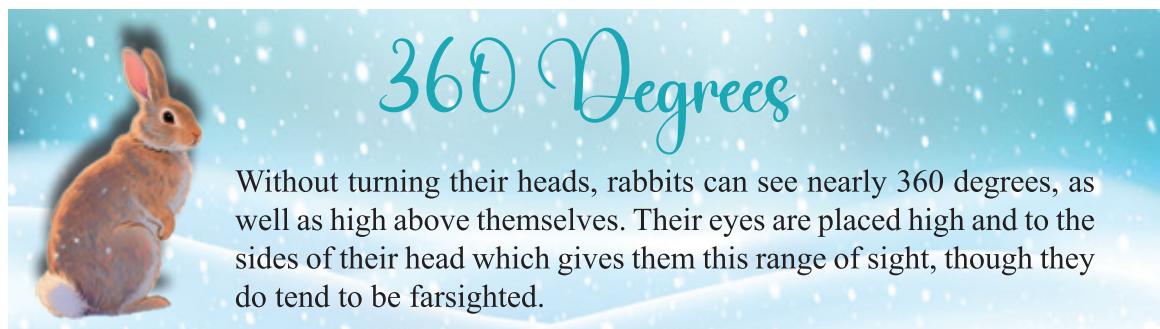
Mark your calendars for February 14! The Parkdale Community Association will be hosting a Valentine's Day Community Skate, and everyone is invited. Bring your friends, family, neighbours, or that special someone,



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@parkdaleyyyc.com](mailto:rink@parkdaleyyyc.com).

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



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.

# GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

# SHOP LOCAL

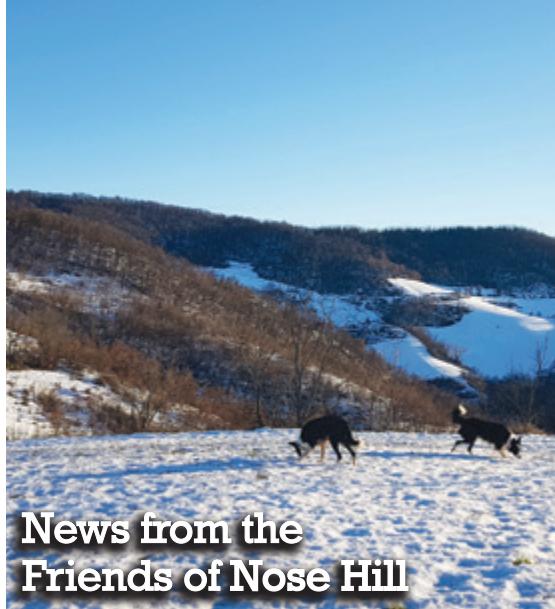


Support the local businesses  
that make our neighbourhood  
thrive, and make this  
publication possible.

**403-720-0762**  
[grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



SCAN ME



## 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.

## 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](http://calgary.ca/taxcalculator).

To help you review your property assessment we offer general resources on [calgary.ca/assessment](http://calgary.ca/assessment) and property specific tools through the secure log in feature of [calgary.ca/mytax](http://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](http://calgary.ca/assessment) or call 3-1-1. Customer Review Period ends March 23.

# 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

## GRASSROOTS SOCCER



**U4-U10 PROGRAMS**  
WEEKDAY EVENINGS  
APRIL-JUNE  
WESTMOUNT CHARTER SCHOOL FIELDS



**IN PARTNERSHIP  
WITH CHINOOKS FC**

[CHINOKSOCER.COM/PARKDALE](http://CHINOKSOCER.COM/PARKDALE)

CHINOOK  
FC



# 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 fire is completely out.**

**In case of an emergency call 911**



## **RECYCLING & FUNDRAISING**



Have bottles to recycle?

Help Support the Parkdale Community Association

Donate with Skip The Depot

Download the app today, & select the PCA to support!

Thank you for supporting us with your donation!

[app.skipthedeport.com/parkdalecommunity](http://app.skipthedeport.com/parkdalecommunity)



## **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.parkdaleyy.com](http://www.parkdaleyy.com) or  
TV schedule inside Locker Room**

**This area is monitored 24/7 by CCTV  
In Case of an Emergency Call 911**

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](http://chinookblast.ca).

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**PARKDALE 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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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](http://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!





**Trusted Family Dentist in NW Calgary**  
**#220 - 1620 29 St NW, Calgary, AB T2N 4L7**  
**[www.foothillsdental.ca](http://www.foothillsdental.ca)**

We accept all insurances and the new Canadian Dental Care Plan (CDCP)

We follow the Alberta Dental Fee Guide



**Dentistry for the whole family**

We accept  
new patients,  
plan your visit  
today!

**Call us today at 403-926-9203!**

Scan to  
book your  
appointment

