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Safe Driving for Teens

from Alberta Health Services

Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among Albertan youth aged 15 to 19.

The risk of accidents increases even after just one second of taking your eyes off the road.

Distracted driving can be:

- Visual distraction: When a driver’s eyes leave the roadway.
- Manual distraction: When a driver’s hands leave the steering wheel.
- Cognitive distraction: When a driver’s mind is no longer on the task at hand.
- Actions – such as texting or calling while driving, talking to friends in the car, switching songs, or eating and drinking – that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.



Avoid distracted driving by:

- Turning your phone off or using the “do not disturb” feature while driving.
- Giving your phone to a friend.
- Parking safely before checking your phone or making a call.

Parents can also set good examples for their children and teens by keeping their phones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol impairment and aggressive driving also increase the risk of crashes and injuries on the road.

Benefits of CHPH CA Membership

What does the CHPH CA do for me?

- Organizes social events such as the annual Stampede breakfast, Spring Recycling Cleanup, Festival of Lights, and Parade of Garage Sales
- Publishes the Broadcaster community newsletter
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at www.chph.ca
- Communicates regularly with Councillor Richard Pootmans on community and city related issues
- Provides effective representation and advocacy to external third parties about issues of concern to the community, including public safety, development and the natural environment
- Creates a sense of community pride through participation in community activities.
- Receive a discount on your classified ad in the Broadcaster
- Maintains Adopt-a-Rink during the winter months

COMMUNITY ASSOCIATION MEMBERSHIP

Box 74132, 148 - 555 Strathcona Blvd. SW Calgary, Alberta T3H 3B6

Memberships are just \$20. Payments by e-transfer to treasurer@chph.ca now accepted.

Family Name: _____ # of Family Members: _____

Contact: _____

Address: _____ Postal Code: _____

Phone Number: _____ Email: _____

Are you interested in volunteering? YES NO

Date: _____ Signature: _____

Volunteers Needed! Help Us Make Our Community a Great Place to Live, Work, and Play!

Do you have five hours a month to give to a fulfilling volunteer role while you build more fun in your community? We're looking to fill a few roles on the board: Vice President, Membership Director, and Communications Director.

The Vice President works closely with the rest of the executive team to oversee the whole board. This role requires organization and commitment but is very dynamic, with duties including volunteering for events, to chairing committees, to working with volunteers and other board members to fulfil their roles. The VP can also hold another director role such as Memberships or Communications.

The Membership Director's main role is to oversee our Membership Database and communicate with current and prospective members to maintain solid connections with the community. If you're organized and good at building relationships this is a great opportunity to help build our community.

The Communications Director works with all board members to get our messages to the community. For this role, you must have experience in maintaining websites, social media, and creating written and graphic content. This is a wonderful role for a confident communicator.

Email us at communications@chph.ca, we're happy to talk more about any of these roles, and other volunteer opportunities.



SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

CHPHCA

Channels of Communication

Our community association has several channels to communicate to you, and for you to communicate with us!

Member Emails: Get a membership and provide your email for "what's new" updates

The Broadcaster Newsletter: 12 publications/year

General Inquiries: admin@chph.ca

Facebook: Stay in the loop by liking us on Facebook
www.facebook.com/CHPHcommunity

Mail: Box 74132, 148-555 Strathcona Blvd SW
Calgary, Alberta T3H 3B6

Email Us: See board listing for a full list of emails

Website: www.chph.ca



COACH HILL PATTERSON HEIGHTS COMMUNITY ASSOCIATION (CHPH) BOARD OF DIRECTORS

EXECUTIVE

President (Interim) Talena Klypak Borbely
president@chph.ca

Vice President Vacant

Treasurer Smita Sharma
treasurer@chph.ca

Secretary Leanne Albertson
secretary@chph.ca

MEMBERS AT LARGE

Communications Voula Martin
communications@chph.ca

Community Liaison Michelle Flemming
admin@chph.ca

Events Committee David Armstrong
events@chph.ca

Expansion and Development George Wong
development@chph.ca

Membership Vacant
membership@chph.ca

Recycling Ross Hart
recycling@chph.ca

Traffic Safety Coordinator Marcie Miranda
traffic@chph.ca

CALLING LOCAL PHOTOGRAPHERS!

We invite you to send in photos that highlight community events or day-to-day living in CHPH. We will publish the best photos in our next editions of the newsletter. Please make sure that photos are 300 DPI and file sizes are a minimum of 1MB in order to ensure print quality.

CALLING LOCAL WRITERS

Do you have something that you like to share with the CHPH community? If so, we welcome your input. Please email your articles and/or photos to the newsletter coordinator at broadcaster@chph.ca and we will consider your submission for our next newsletter.

We've partnered with SkipTheDepot!

Looking for a way to help your Community Association that's quick and easy? Give us your empty bottles!

Its easy! Download the app and schedule a pickup using the link: <https://app.skipthedepot.com/coachhillassociation>.

That's it! On the appointed day, place your bags outside, and they will get picked up for you! No hauling bags into your trunk or waiting in line at the depot. SkipTheDepot will allow everyone to donate directly to our organization with ease.



Community Resources

Sports and Recreation Facilities:

- Winsport Canada (Canada Olympic Park)
- Winsport Public Skating
- Calgary Gymnastics Centre
- Westside Recreation Centre
- Killarney Aquatic & Recreation Centre
- Shouldice Aquatic Centre
- Olympic Oval Ice Skating Rink

Parks:

- Strathcona Ravines
- Edworthy Park
- Lawrey Gardens
- Battalion Park
- Bowness Park
- Shouldice Park

Groups:

- Girl Guides and Scouts Canada
- Calgary West Basketball
- Gladiators Fencing Club

Soccer:

- Signal Hill
- Southwest Calgary Soccer
- Villains
- Chinooks
- Elbow Valley
- Glamorgan
- Scarboro
- Triwest

- Rangers
- Grassroots Soccer Club

Hockey:

- Springbank Minor Hockey Association
- Trails West Hockey
- Little League Hardball & Softball
- Paddle Association of Canada
- West Hills Softball
- Badminton Alberta

Designated Schools

Calgary Board of Education:

- Olympic Heights School
- Westgate Elementary (Fr. Immersion)
- Glenmeadows Elementary (Sp. Bilingual)
- Vincent Massey Jr. High
- Bishop Pinkham Jr. High (Fr. Immersion)
- A.E. Cross Jr. High (Sp. Bilingual)
- Ernest Manning High School
- Western Canada High School
- William Aberhart High School (Sp. Bilingual)

Calgary Catholic School District:

- John Costello
- Holy Name (French Immersion)
- St. Gregory (Middle School)
- St. Monica

- St. Michael Elementary/Jr. High (Fr. Immersion)
- Bishop Carroll High School
- St. Mary's High School (Ext. French)

Private Schools:

- Menno Simons Christian School
- Rundle College Jr/Senior High School
- The Calgary French and International School
- The Waldorf School
- The Calgary Christian School
- Webber Academy
- Ambrose University College
- Calgary Academy Collegiate

Churches

- Anglican Church of the Good Shepherd, 408 - 38 Street SW
- Bethel United Reformed Church
- Christian City Church Calgary (C3)
- Rockpointe Church (Bowridge and Westhills Site)
- Korean Presbyterian Church
- St. Martin's Anglican Church, 1009 Prominence Way SW
- St. Michael's Catholic Community
- First Lutheran Church
- WestEdge Church
- Woodcliff United Church, 5010 Spruce Drive SW

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

COACH HILL



PATTERSON



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.

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
FOR THE ANSWERS!**



The Northern Flicker



Spring is that time of year when leaves start to turn green, and the rhythmic pounding of a brown and white bird on a metal chimney or side of the house becomes a common occurrence. Whether you have cedar siding, like many of us in Coach Hill and/or stucco that is common in Patterson Heights, patching gaping holes becomes part of your annual maintenance.

This is the artwork of the Northern Flicker (*Colaptes Auratus*), a species protected by the migratory bird act. Despite their noise and excavation habits, Northern Flickers can be a welcome addition to your yard. Their diet consists mostly of ants, wasps, grasshoppers, spiders, aphids, termites, and beetles. In fact, Northern Flickers eat on average 5,000 ants daily according to bird friendly Calgary (2022). The question remains, how do you reap the benefits of Northern Flickers in your yard and avoid damage to infrastructure?

There are many things to try, of varying effectiveness, including wind chimes, temporary bird netting, mesh or spikes, plastic owls, and reflective objects such as mirrors, balloons, streamers, or windsocks. These can be strategically placed along areas you witness excavation.

Another method is to welcome them into your yard by building a Flicker nest box. If they have their own safe space to nest, they may leave your siding alone. Flickers really like to nest high off of the ground. Your nest box will need to be placed 10 to 30 feet from the ground.

Do you have another idea that has allowed you to co-exist with Northern Flickers? Send us an email at president@chph.ca.

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LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School: Second Sunday of the month. Sandwich making for Alpha House on Wednesday afternoons. ESL conversation Tuesdays, 9:30 to 11:00 am. More information at https://stmartinschurch.ca or call 403-249-3014.

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Spring is Coyote Denning Season

Have you noticed more coyotes around the neighbourhood recently? March and April are when coyotes begin to dig and create dens to raise their pups. Coyotes typically do not cause problems with humans, but they can become defensive and aggressive during denning season. It is important to be extra vigilant during this time.

Here are a few tips:

- Please give coyotes a wide berth and keep your dog on a leash.
- If the coyote shows aggressive behaviour, such as growling at you, you may have stumbled upon a denning area. Stay calm. Do not turn your back and run away as the coyote may chase you. Yelling, clapping, playing music, flashing an umbrella or flashlight, and raising your hands above your head are all effective ways to startle and scare them away instead.

Although coyote encounters can be a frightening experience, they are mostly shy and like to avoid human contact. They are also important for our ecosystem as they keep the mouse and rabbit population under control.

Please report any aggressive coyote behavior to 311 and notify the community association at president@chph.ca. We will let residents know of areas to temporarily avoid.



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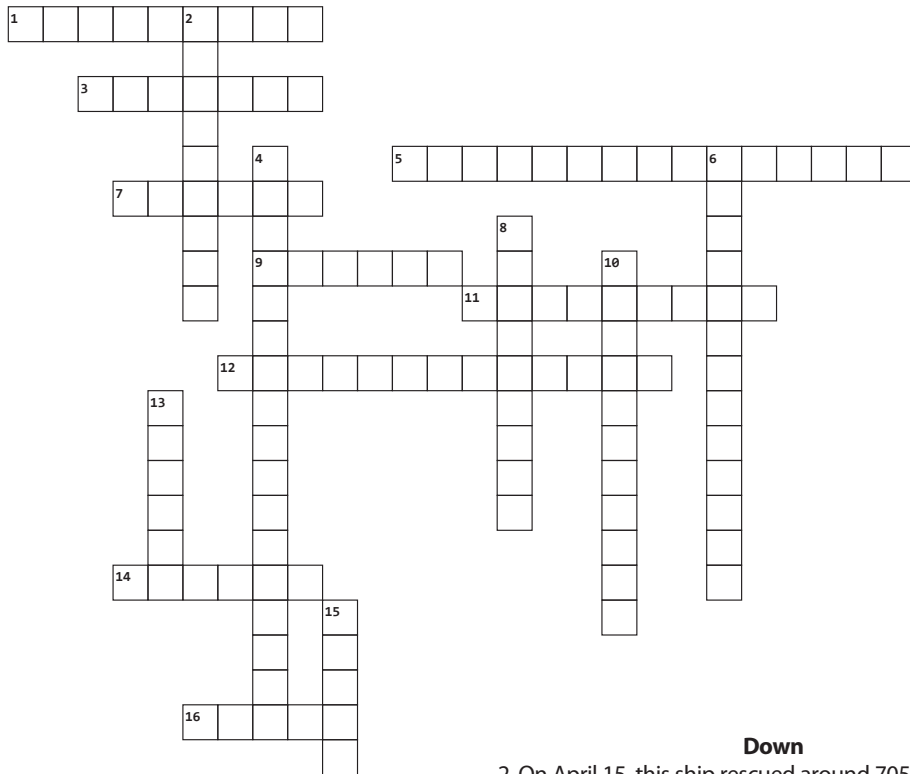
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April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dæg-es-eage'.

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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	5	10	\$414,944	\$411,450
January	23	5	3	\$250,000	\$247,500
December	22	3	1	\$499,900	\$480,000
November	22	6	7	\$389,000	\$375,000
October	22	5	7	\$385,000	\$395,000
September	22	6	8	\$389,450	\$377,750
August	22	8	4	\$549,450	\$552,750
July	22	6	7	\$494,000	\$475,000
June	22	10	9	\$574,900	\$565,000
May	22	8	12	\$486,850	\$472,500
April	22	15	14	\$379,900	\$375,000
March	22	20	18	\$427,500	\$415,250

To view more detailed information that comprise the above
MLS averages please visit coac.mycalgary.com

PATTERSON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	13	9	\$449,900	\$475,000
January	23	7	7	\$365,000	\$355,000
December	22	6	6	\$321,450	\$296,400
November	22	5	9	\$415,000	\$408,500
October	22	9	8	\$368,200	\$365,000
September	22	10	5	\$335,000	\$340,100
August	22	10	13	\$379,900	\$368,500
July	22	13	11	\$375,000	\$374,000
June	22	18	22	\$357,400	\$357,500
May	22	20	15	\$369,900	\$358,000
April	22	20	21	\$488,800	\$476,500
March	22	23	16	\$424,900	\$420,700

To view more detailed information that comprise the above
MLS averages please visit patt.mycalgary.com