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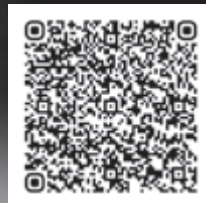
THE OFFICIAL COACH HILL & PATTERSON HEIGHTS COMMUNITY NEWSLETTER



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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

Register online at www.chph.ca/memberships

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: _____

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- Towels, Sheets, Pillow Cases, & Face Cradles
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Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

VISIT OUR WEBSITE



CONTACT US



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 Talena Klypak Borbely
president@chph.ca

Vice President Inam Teja
vicepresident@chph.ca

Treasurer Smita Sharma
treasurer@chph.ca

Secretary Vacant
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 Leanne Albertson
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.



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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Community Updates

Learn to Skate Recap

Thank you for all the hard work our rink guys and coaches have done to make our Learn to Skate program a success!

Please stay tuned as we are working on more programming options for the spring and summer!

On the Horizon

March is membership month! Please be aware of door knocking in the area. You can also renew or buy your community membership online! This will give you access to discounts on programming, a way to be involved in the community, and supports all the wonderful things our community association aims to do.

Citizens and Engagement

The Coach Hill Patterson Heights CA is working with the graduate students from the Faculty of Urban Design. They are looking at community concerns such as density, traffic, traffic calming, retail areas, park space, and other areas of interest.

A community consultation will be held on February 10 from 10:00 am to 12:00 pm. Watch for the bold sign placed which will display the location. This is a wonderful opportunity for our communities.

April 14 is the community open house where students will present their findings! Please stay tuned, follow us on Facebook and/or Instagram. You can also check our website at www.CHPH.ca for more details.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

February is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or a ‘heavy’ sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It’s easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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)
- Western Canada High School
- William Aberhart High School (Sp. Bilingual)
- Bowness High School

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

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.

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

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

REGISTER HERE



Renew Your Membership

Your Membership Helps Support:

- Community events, programs, and initiatives that promote community spirit
- Spaces where residents can connect with neighbours, friends, and family
- Advocating for the community in local traffic, development, and safety issues

www.chph.ca/memberships

Your Coach Hill Patterson Heights Community Association is committed to making our community a wonderful place to live, work, and play

support your community

Backyard Bird Watching

by John McFaul



Many bird species make their home in Calgary or pass through the city on migration. They bring joy to backyard birdwatchers with their songs, colourful plumage, and their interesting antics. The cheery disposition of the Chickadees in winter, the Robin singing that spring has arrived, the bejewelled Ruby-throated Hummingbird visiting the flowers of summer, and the waves of exotic warblers passing through on their fall migration connects us to the flow of nature and time.

Calgarians can attract avian visitors to their yards by providing food, water, nesting, and shelter. Wintering birds such as Chickadees, Nuthatches, and Finches benefit from a steady supply of black oil sunflower seeds and chips. Blue Jays enjoy dining on unsalted peanuts. Suet will attract Downy Woodpeckers. Hummingbird feeders filled with a mixture of four parts water to one part sugar could entice the hummingbirds that summer in Calgary.

Water is appreciated by birds for drinking and bathing. It can be provided by simple bird baths or by more elaborate ponds and small streams.

Nest boxes and platforms can attract birds such as Chickadees, Nuthatches, House Wrens, Tree Swallows, and Robins to raise their families in our backyards.

The best thing that can be done to make backyards bird friendly is to provide a habitat full of a variety of trees, shrubs, and other plants that are native to our region.

Keeping our avian visitors safe is important. Mark the outside of windows to prevent the birds from colliding with the glass. Keep cats indoors or in a Catio to prevent harm to the birds and just as important, harm to the cat. Turn off outside lights between 11:00 pm and 6:00 am, particularly during spring and fall migration. Avoid using insecticides and pesticides.

Help Reduce Single-Use Items Waste

by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.

BRAIN GAMES

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

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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.

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ST. MARTIN'S CHURCH: An Anglican Community: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and on Zoom). Sunday School each week. ESL Conversation Club on Tuesdays from 9:30 to 11:00 am. Sandwich Making - Wednesdays at 1:00 pm. Easter Services: Good Friday - 10:00 am and Easter Sunday - 10:00 am.

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Silly Goose
Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.

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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	2	5	\$325,900	\$320,000
November 23	7	6	\$492,000	\$506,500
October 23	5	8	\$469,500	\$457,884
September 23	10	9	\$375,000	\$375,000
August 23	7	12	\$444,900	\$444,950
July 23	11	7	\$374,900	\$370,000
June 23	10	11	\$529,000	\$549,500
May 23	15	11	\$419,900	\$419,900
April 23	5	6	\$344,500	\$341,950
March 23	7	2	\$674,900	\$712,500
February 23	4	10	\$414,944	\$411,450
January 23	5	3	\$250,000	\$247,500

PATTERSON COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	3	6	\$760,000	\$741,000
November 23	5	3	\$420,000	\$423,500
October 23	13	11	\$329,000	\$341,500
September 23	10	14	\$319,950	\$316,250
August 23	14	16	\$387,000	\$396,500
July 23	15	12	\$354,500	\$354,950
June 23	13	15	\$399,900	\$415,500
May 23	19	18	\$382,500	\$393,500
April 23	12	12	\$384,900	\$389,500
March 23	23	19	\$459,900	\$457,000
February 23	12	9	\$449,900	\$475,000
January 23	6	7	\$365,000	\$355,000

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

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