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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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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	6	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
December 22	3	1	\$499,900	\$480,000

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
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
December 22	5	6	\$321,450	\$296,400

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

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

COACH HILL



PATTERSON



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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

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.



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	Jade O'Hearn 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



PRESIDENT'S MESSAGE

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.



OUR OZONE PROCESS

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Happy New Year!

As we welcome in the coming year, I reflect on the collective strength and resilience that define our community. Despite the challenges we faced, our solidarity and commitment as a community remains unwavering and we are proud of the programs and activities that we provided. These programs include our first Learn to Skate program, Yoga in the Park, Stampede Breakfast, a huge Parade of Garage Sales, a very successful Movie in the Park, a super fun Meet Santa event, and the return of the skating rink, this year with a skate track!

The new year brings with it a canvas of opportunities; let us embrace it with renewed optimism. Our activity hub is on the horizon, we also have more programming and event ideas for 2024. We are aspiring to cultivate a connected and vibrant place to live. In the coming year, our focus remains steadfast on enhancing the quality of life within our communities. Through collaborative efforts and innovative initiatives, we aim to create spaces that encourage harmony, inclusivity, and growth.

I extend my heartfelt gratitude to each of you for your support and participation throughout 2023 in making our communities a better place. Let us embark on this new year with continued hope, compassion, and the shared vision of all the exciting opportunities we have planned for our communities. I am wishing you and your loved ones a joyous and prosperous year filled with peace, happiness, and boundless opportunities.

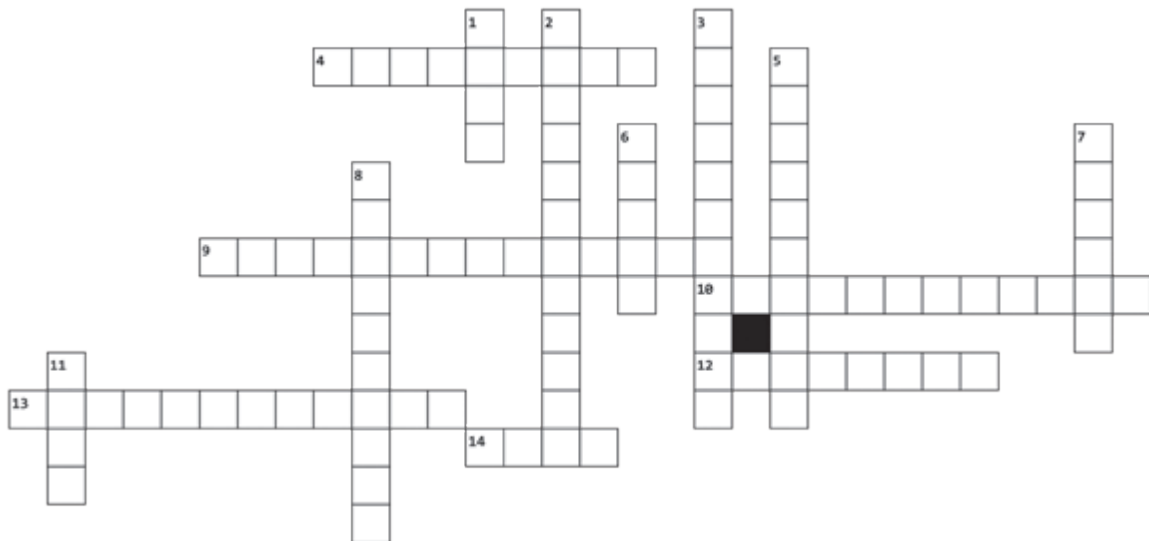
Best wishes,

Talena Klypak

President CHPH



January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



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

Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.





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That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like “snaw,” “sneesi,” and “skelf,” officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



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

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



Board Position Open

Volunteers needed! Help us make our community a great place to live, work, and play!

Do you have ten hours a month to give to a fulfilling volunteer role while you build more fun in your community? We are looking to fill the executive role of Secretary on the board.

The Secretary attends monthly meetings, takes notes, and distributes the minutes and agenda. They also work closely with the rest of the executives to make sure the board runs smoothly, collaborates on special projects, and helps with other tasks from time to time.

Email us at president@chph.ca to learn more about this role and other volunteer opportunities.



Cats, Canines, & Critters of Calgary



Chigs, Crescent Heights



Daisy, Calgary



Pikachu, Sandstone



Tiffany and Maggie, Calgary

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

**9 PM
ROUTINE**



CALGARY
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SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



Councillor, Ward 6
Richard Pootmans
 403-268-1646
 Eaward6@calgary.ca
 Calgary.ca/ward6 X f @pootmans
 @richardpootmans9

Happy New Year Ward 6,

As we start the new year, I am invigorated by all the priorities that the City is focusing on - affordable housing, public safety, and transit. I am committed to investing in our city to drive it forward. Keep up to date and informed on our progress by signing up for my monthly newsletter at Calgary.ca/ward6.

Things To Do This Winter

Explore Calgary Parks

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free, with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks. Plan an afternoon at your local community park or golf course snowshoeing or cross-country skiing. For more ideas, visit www.calgary.ca/events/winter-city/activities.html.

Experience the Magic of Chinook Blast

Calgary's ultimate winter festival returns February 2 to 19, 2024. This year's event will warm up our city with a celebration of community, culture, and civic pride, where the best of Calgary's art, music, theatre, sport, and recreation will be on display.

Property Assessment: Go Paperless Contest – More Prizes, Less Clutter

Make the change to receive a paperless assessment notice (eNotice), then enter for a chance to win one of four Visa gift cards valued at \$250 each.

After you sign-up for eNotice, you'll receive an email with the contest entry link. Complete the form and you're entered. Contest begins January 3, 2024, and ends March 31, 2024. The contest is open to Alberta residents over the age of majority and subject to the full contest rules available online at calgary.ca/gopaperless.

Sincerely,

Richard Pootmans



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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. Free pancake dinner, Tuesday, February 13 at 5:30 pm.

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