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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	25	5	3	\$409,900	\$399,000
September	25	11	4	\$511,850	\$499,750
August	25	7	5	\$550,000	\$550,000
July	25	6	7	\$530,000	\$550,000
June	25	10	8	\$727,000	\$719,500
May	25	13	12	\$519,450	\$515,000
April	25	12	6	\$472,350	\$460,500
March	25	9	8	\$712,450	\$749,000
February	25	5	2	\$349,900	\$342,000
January	25	3	2	\$709,900	\$741,389
December	24	2	3	\$439,900	\$432,000
November	24	2	4	\$499,000	\$500,500

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
October	25	12	10	\$422,450	\$414,000
September	25	11	5	\$744,900	\$690,000
August	25	12	9	\$699,900	\$680,000
July	25	5	11	\$615,000	\$614,000
June	25	10	8	\$485,000	\$472,150
May	25	16	15	\$491,000	\$477,000
April	25	22	9	\$449,900	\$435,000
March	25	13	17	\$495,000	\$490,000
February	25	13	10	\$492,400	\$498,750
January	25	8	0	\$0	\$0
December	24	0	1	\$239,900	\$230,000
November	24	7	13	\$530,000	\$496,500

To view more detailed information that comprise the above
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REMINDER

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CHPHCA

Stay Up to Date

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. Sign up to be included.

The Broadcaster Newsletter: 12 publications/year

Social Media: Stay in the loop by liking CHPHcommunity on Facebook and following @chph.ca on Instagram

General Inquiries: admin@chph.ca

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 communications@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.



EXECUTIVE

President	Talena Klypak Borbely president@chph.ca
Vice President	Dexter Makin vicepresident@chph.ca
Treasurer	Smita Sharma treasurer@chph.ca
Secretary	Voula Martin secretary@chph.ca

MEMBERS AT LARGE

Communications	Aisha Zaman communications@chph.ca
Community Liaison	Vacant admin@chph.ca
Events Committee	Vacant events@chph.ca
Expansion and Development	Dylon Shaw development@chph.ca
Membership	Leanne Albertson membership@chph.ca
Recycling	Ross Hart recycling@chph.ca
Traffic Safety Coordinator	Marcie Miranda traffic@chph.ca
Fundraising and Sponsorship	Vacant
Rink / Hub Director	Derek Parker rink@chph.ca
Programming Director	Vacant



CHPH Learn to Skate Program

Registration opens
December 06 at
noon
www.chph.ca

Saturdays Kids Learn to Skate 10am-10:45am

at the Hub 6840 Coach Hill Rd SW

\$35 with a CHPH membership

\$50 non-members

Adults: 11-11:45am \$50 with a CHPH

membership

\$70 non-members

January 10- February 08

www.chph.ca

COMMUNITY UPDATES

Stay busy this winter with our neighbourhood events, fundraisers, and programs! To stay informed:

- Join our Membership Base for email updates (sent sparingly).
- Follow us on Instagram @chph.ca and Facebook @CHPHcommunity for announcements.

City of Calgary Updates

Create More Memories and Less Waste This Holiday Season

The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site. Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 - moves to Monday, December 22
- Thursday, January 1 - moves to Monday, December 29

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy Holidays!

Current Community Programs, Events, and Fundraisers

Here's a sneak peak of what is to come for the holiday season! We will be updating our website with more details as we plan these events. Please refer to the website for more information or email communications@chph.ca.

Santa Photos

Tuesday, December 9

5:00 to 7:30 pm

St. Martin's Church (1009 Prominence Way SW)

Santa's coming to Coach Hill Patterson Heights! Join us for a fun night of crafts and holiday cheer!

The event is free. Santa Photos are extra: \$10 for CHPH members and \$15 for non-members. Cash only.

Check out our website for more information.

Learn to Skate

Registration for Learn to Stake opens on December 6 at noon. We will be offering two programs on Saturday mornings from January 10 to February 8.

1. Learn to Skate Kids

10:00 to 10:45 am

\$35 for members and \$50 for non-members

2. Learn to Skate Adults

11:00 to 11:45 am

\$50 for members and \$70 for non-members

See our website for more information and to register!

Community Updates

Farm Stand Fridays

Farm Stand Fridays ended for 2025 in October. Thank you to everyone who came out to support this initiative. We heard from residents that having local fresh options that they could walk to was very helpful. By supporting the stands, you are not only helping support local Alberta farmers but also your neighbours. We hope that the City continues with this program so that we can offer it again in 2026.

2025 Wrap Up

Thank you so much for all your support over the past year. We held several fundraisers to support community programs and events like Learn to Play Pickleball, Yoga in the Park, Movie in the Park, Community Cleanup, and more. We could not have done it without your support! If you have suggestions for upcoming events, fundraisers, and programs that you would like to see in 2026 please email us at communications@chph.ca.

We hope you have a Merry Christmas, Happy Holidays, and Happy New Year! Best wishes into 2026.

The CHPH Board





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Benefits of CHPHCA Membership

What does the CHPHCA do for me?

- Organizes social events such as the annual Stampede breakfast, Spring Recycling Cleanup, Movie in the Park, and Parade of Garage Sales
- Discounts on paid community events like Santa Photos and Wine Night
- 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 John Pantazopoulos 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: _____



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
- Bethel United Reformed Church
- Christian City Church Calgary (C3)
- Rockpointe Church (Bowridge and Westhills Site)
- Korean Presbyterian Church
- St. Martin's Anglican Church
- St. Michael's Catholic Community
- First Lutheran Church
- WestEdge Church
- Woodcliff United Church

Cats, Canines, & Critters of Calgary



Addie, Renfrew



Billy, Woodbine



Charlie,
Diamond Cove



Eowyn, Edgemont



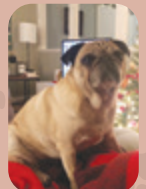
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Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

COACH HILL



PATTERSON



JOKE OF THE MONTH

Why did the football
coach go to the bank?
To get his quarter back.



SPONSORSHIP



Community Sponsors Needed!

The Coach Hill Patterson Heights Community Association is a volunteer-based group that is all about bringing people together. From family-friendly events to learn to skate programs and outdoor wellness classes, we create opportunities for neighbours to connect, learn, and grow. But we can't do it alone – we need your support! By becoming a sponsor, you'll play a key role in making these initiatives possible.

Whether you're an individual who loves our community or a small business looking to give back, your contribution will directly support:

- Free or low-cost events that unite neighbours
- Programs that enrich our community
- The Outdoor Community Hub, breaking ground this spring!

In return we'll proudly recognize your support through event promotions, social media shoutouts, and more. You can check out our website for all the perks! Ready to make a difference? Reach out to us at president@chph.ca or visit chph.ca/sponsorship to learn more about sponsorship opportunities. Together, we can build a stronger and more connected community.

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.

Hub Update

We are continuing our work to secure more funding for the project and work towards the development permit. Right now, we cannot move the garden boxes from where they are. They are made from cedar and will be safe outdoors in the winter as they are. We are re-opening our outdoor rink this winter in the meantime! Please see below.

Coach Hill Fields Outdoor Rink Update

Winter will be here before we know it, and with it comes the return of our outdoor rinks.

Once again, this year, we'll be building the outdoor rink in Coach Hill Fields along Coach Hill Road SW. The rink is built and maintained by a small group of dedicated volunteers from the community.

If you enjoy spending time outdoors and can spare an hour or two each week, please consider joining the rink crew as a volunteer this winter.

To get involved, reach out to rink@chph.ca. We'd love to have your support!

Thank you!

Make a lasting impact on your neighbourhood!



Sponsor a Bench or Hoop for The Hub!

We are inviting residents, families, and local businesses to consider a meaningful sponsorship opportunity:

Donate \$4,000 to sponsor a bench and receive a personalized plaque recognizing your contribution for 10 years.

Donate \$3,800 to help us install a basketball hoop and receive a dedication sign on or near the hoop.

email: president@chph.ca

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.



Councillor, Ward 6
John Pantazopoulos
 ☎ 403-268-1380
 ✉ ward6@calgary.ca 🌐 calgary.ca/ward6
 📱 @Johnp4ward6 📺 @John4ward6

Dear Ward 6 Residents,

I am deeply honoured and grateful for the trust you have placed in me to represent you on Calgary City Council for the next four years. Thank you for your support, your conversations at the door, and your belief in a shared vision for our community. This victory belongs to all of us. Together we will make Ward 6 an even better place to live, work, and raise a family.

As your Councillor, my top priority is to ensure that Ward 6 remains a vibrant, safe, and connected community. I will work tirelessly to have smarter spending, thoughtful development, and safer streets. I am also committed to strengthening city services, promoting small business growth, and protecting our parks and green spaces for generations to come.

Equally important is keeping an open line of communication with you. Transparent, accessible, and responsive representation will guide every decision I make at City Hall. Together, we can make sure Ward 6 continues to thrive and that your voices are heard on every major issue that affects our community. Please stay connected through email, my social media channels, and website to receive upcoming newsletters, community updates, details on future town halls, and much more. The Ward 6 team and I are always here to listen, answer your questions, and address your concerns. I am excited for what we can accomplish together over the next four years.

Wishing you and your family a safe and joyous holiday season. Merry Christmas!

With gratitude,

John Pantazopoulos



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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 ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and live-streamed). Mid-week service on Wednesdays at 2:00 pm. ESL conversation cafe on Tuesdays at 9:30 am. Sandwich making for Alpha House on Wednesdays at 1:00 pm.

THE SNOW RETRIEVERS: Autumn leaves have fallen, and winter is here. Stay worry free - let us handle snow removal all winter. Packages start at \$149/month. Sign up today and save over \$250 this winter! Call 587-200-7985 or visit thesnowretrievers.ca. Buy back your time and enjoy what matters most.

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Ancient Water

In December 2016, University of Toronto scientists presented findings of the world's oldest known water approximately 2 billion years old found at Kidd Mine near Timmins, Ontario. Talk about “ancient” water, older than humans even older than dinosaurs!

	3	2		7				
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		7						
				8		3	1	

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FOR THE SOLUTION



GAMES & PUZZLES

Guess the Christmas Song!

1. Brenda Lee was only 13 years old when she recorded this "new old-fashioned" Christmas favourite.
2. In December of 1965, this was the first song played in space. Hint: It is a classic written by James Lord Pierpont.
3. This song was originally called "Tinkle Bells".
4. Thurl Arthur Ravenscroft, the singer of this mean, green song, was also the voice of Tony the Tiger.
5. Sammy Cahn and Jule Styne ironically wrote this romantic winter song during a heat wave.
6. There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



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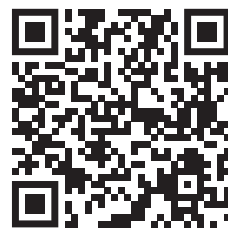
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