

JANUARY 2025

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THE OFFICIAL COACH HILL & PATTERSON HEIGHTS COMMUNITY NEWSLETTER



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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 24	3	4	\$499,000	\$500,500
October 24	5	7	\$489,999	\$480,000
September 24	9	10	\$442,500	\$440,000
August 24	9	4	\$404,950	\$402,500
July 24	7	7	\$520,000	\$555,000
June 24	13	11	\$449,888	\$505,000
May 24	11	11	\$419,900	\$428,000
April 24	9	7	\$409,000	\$435,000
March 24	9	9	\$425,000	\$445,000
February 24	7	7	\$349,900	\$374,000
January 24	2	3	\$388,000	\$398,000
December 23	2	5	\$325,900	\$320,000

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 24	10	13	\$530,000	\$496,500
October 24	13	14	\$449,500	\$462,500
September 24	14	6	\$849,500	\$835,000
August 24	8	4	\$447,450	\$435,000
July 24	12	17	\$449,000	\$480,000
June 24	17	12	\$522,750	\$531,500
May 24	19	19	\$449,900	\$505,000
April 24	14	7	\$469,900	\$450,000
March 24	13	19	\$509,900	\$505,000
February 24	13	9	\$479,900	\$463,000
January 24	11	9	\$375,000	\$370,000
December 23	3	6	\$760,000	\$741,000

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

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE \$11,679
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

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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

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

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.



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

EXECUTIVE

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

MEMBERS AT LARGE

Communications	Alvin Luximon communications@chph.ca
Community Liaison	Michelle Flemming admin@chph.ca
Events Committee	Melisa Centofanti 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

Benefits of CHPCA Membership

What does the CHPCA 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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BRAIN GAMES SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



Preventing Slips, Trips, and Falls During the Winter Months

by Alberta Health Services

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips To Prevent Falls and Other Injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.

- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing, or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well, and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 9-1-1. If your condition is not life-threatening, call Health Link 811 for health advice or information.





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

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

COACH HILL



PATTERSON



CHPH 2025 Skating Programs (Adults and Kids)

This year we are offering two programs:

- Learn to Skate (child): 10:00 to 10:45 am – Saturdays, January 11, 18, 26, February 1 and 8
- Learn to Skate (adult): 7:00 to 7:45 pm – Thursdays, January 9, 26, 30, and February 6

If you would like to register for both (i.e. for yourself and your child) please check our Facebook page <https://www.facebook.com/CHPHcommunity/> or register on <https://forms.gle/hnQ6si8tvYTAxbDn8>.



LEARN TO SKATE FOR KIDS & ADULTS!





Kids: Saturdays - 10 am - 10:45 am
Jan 11, 18, 25, Feb 1 & Feb 8

Adults: Thursdays - 7 pm - 7:45pm
Jan 9, 26, 23, 30 and Feb 6

SPONSORSHIP



Community Sponsorship

We are excited to announce opportunities for sponsoring events and our recreational hub in the community. You can find more information on our website at www.chph.ca/sponsorship.

As we continue to develop our recreational space, we are looking for partners who share our commitment to enhancing the quality of life in our community.

Sponsoring events and our recreational hub provides a unique opportunity to showcase your commitment to our community while gaining exposure for your brand. Your support will not only help us create our outdoor recreational space, but also enable us to offer a wide range of programming and events for community members of all ages.

Whether you are a local business looking to increase your visibility or an individual passionate about supporting community initiatives, we invite you to join us as a sponsor.

Your contribution, no matter the size, will make a meaningful impact on our community and help us create a more vibrant and connected place to live.

For more information, please email the CHPHCA Vice President, Inam Teja, at vicepresident@chph.ca.



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Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. 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.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- 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; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- 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.

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



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



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GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR
CODE FOR THE
ANSWERS!



Councillor, Ward 6
Ward 6

✉ Ward06office@calgary.ca

🌐 Calgary.ca/ward6

Calgary

The Ward 6 team is deeply saddened at the unexpected resignation of their boss Councillor Richard Pootmans at the end of November.

To Our Ward 6 Residents,

Our office remains dedicated to supporting your communities. Your Council Representatives who will be representing your interests in any matters coming before Council are:

Councillor Courtney Walcott, Councillor Sonya Sharp, and Councillor Kourtney Penner.

We are fortunate to have these three Councillors step up to assist with Ward 6 matters. Their commitment will ensure that your concerns are addressed, and your voices will be heard at City Hall. Please note that these councillors will not have an extra vote.

The Councillors' respective areas of focus will be as follows:

- Councillor Walcott - Communities East of 69 Street, which includes Spruce Cliff, Wildwood, Westgate, Glendale, Glenbrook, Glamorgan, Strathcona, Christie, Signal Hill, Coach Hill, and Patterson.
- Councillor Sharp - Communities West of 69 Street, which includes Medicine Hill, Canada Olympic Park, Cougar Ridge, West Springs, Aspen Woods, Springbank Hill, and Discovery Ridge.
- Councillor Penner - Tsuut'ina Nation.

As always, the Ward 6 team, comprised of Suzy Trottier, Ralph Smith, and Cindy Aldous will remain in place to listen, support, and collaborate with you.

For your day-to-day concerns, including requests around City services, please continue to reach out to ward06office@calgary.ca or contact 3-1-1.

If matters need to be escalated to a Councillor, the Ward 6 team will pass it along to the appropriate representative based on your community.

Finally, a special thank you to Mayor Jyoti Gondek and the City Administration staff for helping direct us through this stressful and hectic interlude. Our profound gratitude also goes to everyone who has reached out to our office to send us well wishes.

Regards,

The Ward 6 Team - Suzy Trottier, Ralph Smith, and Cindy Aldous

Cats, Canines, & Critters of Calgary



Bear, *Palliser*



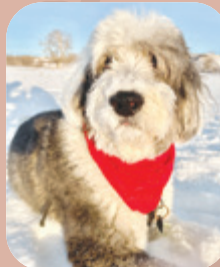
Buster, *Hamptons*



Lizzy, *Huntington Hills*



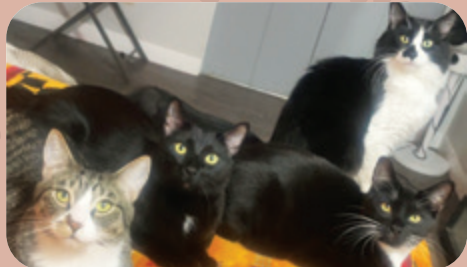
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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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 on Zoom). Sunday School each week. ESL conversation on Tuesdays from 9:30 to 11:30 am. Sandwich making for Alpha House on Wednesdays at 1:00 pm.



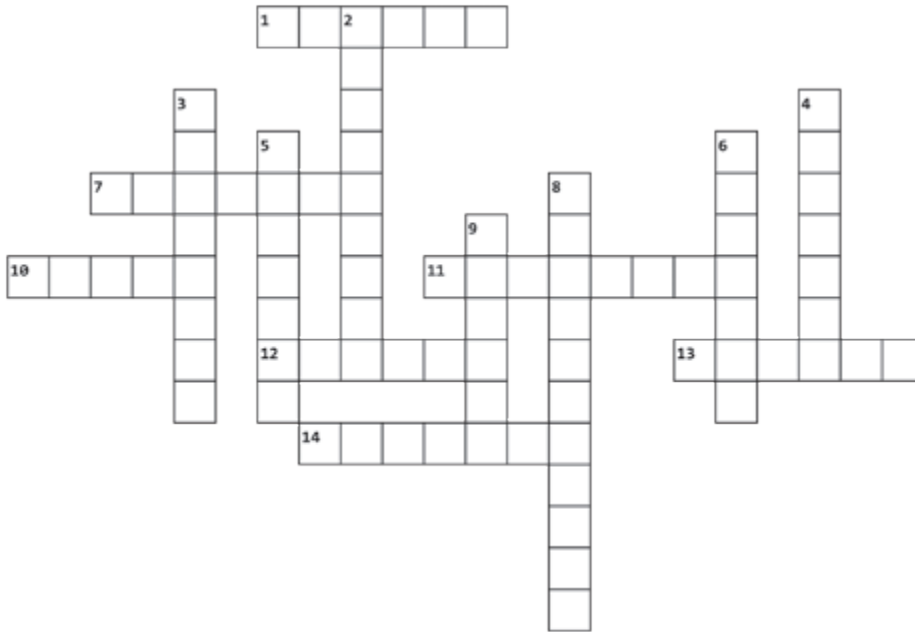
Joke of the Month

Why did the pony get detention?

Because he was horsing around.



January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.



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Word of the Month

Cynosure: noun (SIGH-noh-syoor)
A center of attraction or attention.

The bride was the cynosure of all eyes at the wedding.



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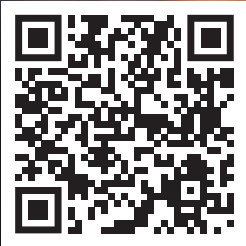
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