

JULY 2025

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THE OFFICIAL COACH HILL & PATTERSON HEIGHTS COMMUNITY NEWSLETTER



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## Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well...not really, but the noise they make when flying is always in they key of F! Isn't that neat? Maybe next time, see if you can harmonize!



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

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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

**ABSOLUTELY NO HIDDEN COSTS**

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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	Vacant 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



# 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](mailto:president@chph.ca) or visit [chph.ca/sponsorship](http://chph.ca/sponsorship) to learn more about sponsorship opportunities. Together, we can build a stronger and more connected community.

## No Yolk

Why don't eggs  
tell jokes?

They might  
crack up!



## Friday Farm Stands

PROMINENCE PARK

3 - 7 PM

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# 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

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## Passionate Neighbours to Shape our Community's Future



## Open Board Positions

We are looking for

Vice President  
Events Director  
Community Liaison  
Fundraising & Sponsorship Director  
Programming Director

See up to date positions, descriptions and  
application information on our website:  
<https://www.chph.ca/board-of-directors>  
or scan below



## Hello, Can You Hear Me?



Way back on July 1, 1881, the world's first international telephone call took place between St. Stephen, New Brunswick and Calais, Maine—two towns so close (approximately a mile), you could probably shout across the river!

## Hub Update

The Hub is going through a final review process! Since last month we have completed Geotech and Civil Engineering work. We recently met with Calgary Parks to discuss our plan, and they are excited for our project. We have also added a new volunteer board position "Hub Director" to be prepared when the Hub is open!

We are feeling exciting! We hoped to be starting construction by June, but we are getting very close, and everything is feeling very promising.

Are you able to help us get to the finish line? We are continuously applying for grants and seeking sponsorship for the Hub. We are now raising money for seating and hoops. Sponsoring a bench or hoop will keep the space accessible, available all year long, and is a meaningful way to give back to the community. Depending on your donation, you will also get a plaque to honour your support. Check out our website for information and to donate to The Hub!

<https://www.chph.ca/sponsorship>

***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](mailto:president@chph.ca)



# 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](http://www.chph.ca)
- Communicates regularly with Councillor Courtney Walcott 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](http://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](mailto: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: \_\_\_\_\_

## Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

# CHPH Annual General Meeting 2025 World Café Feedback



## Yoga in the Park

Breathe, Stretch and Relax

Classes will run from late July - Sept.  
See our website for details  
<https://www.chph.ca/events/yoga>

## COMMUNITY UPDATES

### A Busy Summer Ahead for the Neighbourhood!

Check out announcements for all our upcoming events, fundraisers, and programs below!

To make sure that you don't miss anything, join our membership base and get added to our mailing list. We only email sparingly to give updates. And follow us on Instagram @CHPH.CA or like us on Facebook @CHPHcommunity to see up to date information and announcements.

## Current Community Programs

### Pickleball Lessons

Learn to Play Pickleball is a brand-new program that we started on June 19! We sold out spots within the first few hours of opening registration. We will hopefully be bringing it back next year!

### Farmstand Fridays Is Back at Patterson Park!

Love Grows Wild Ranch and Shirley's Greenhouses have returned to Patterson Park on Fridays from 3:00 to 7:00 pm. They will be selling local homegrown produce and grass-fed and finished beef. Support Farmstand Fridays and shop local!

## July Events and Programs

### Stampede Breakfast: Yee-Haw!

Stampede Breakfast will take place at Prominence Way Retirement Community on July 6 from 9:00 to 11:00 am! Join in the community fun with a live band and activities! See our website for details.

### Yoga in the Park

We are bringing back outdoor yoga! We will be offering a gentle flow appropriate for all levels of yogis. The classes will be weekly for six weeks, starting at the end of July and will be weather dependant. Please see our website for the most up to date details and registration.

Six classes for \$50 per member and \$75 for non-member.

Three classes for \$30 per member and \$40 for non-member. Drop in to your choice of three out of the six classes.

Email [communications@chph.ca](mailto:communications@chph.ca) with any questions.

## September Events and Programs

### Movie in the Park

#### September 5

Food trucks will be back, so come hungry! A portion of food purchased from the trucks comes back to the community association to help cover costs for this free and fun event!

This year we are playing an animated movie. Check out our website to see what movie was voted on. We are looking for sponsorships to help cover costs! Email [president@chph.ca](mailto:president@chph.ca) if you would like to get involved.

### Community Recycling Event

**Saturday, September 27 from 9:00 am to 2:00 pm**

**French International School (700 77 St SW)**

Items we'll accept include metals, electronics, mattresses, box springs, car seats, used bikes, household appliances, furniture, and bottles.

## Past Events and Fundraisers

### Annual General Meeting - May 2025

Thank you to everyone who joined us in May! The attendance was one of our best yet. It was so nice to see so many people come out because they too want to keep our communities vibrant, safe, and welcoming. We have included some graphics in this issue to show what people shared with us.

### Coffee Fundraiser - June

Thank you to everyone who made it a success! Funds from events like these go back into the community to help pay for events and programs throughout the year. If you missed out or want to get your hands on more Rebel Beans Coffee, be sure to check out our Stampede Breakfast and Movie in the Park.

## Other Community Updates

### Paskapoo Slopes Conversion Engagement

Online Engagement is open to convert Paskapoo Slopes into a regional park. The first round of engagement can be completed online and will be open from June 16 to July 21, 2025 here at <https://engage.calgary.ca/medicine-hill>.



## The Patterson Recreational Facility (Formerly the Alberta Badminton Center)

An update on behalf of The City of Calgary's Infrastructure Services:

"We want to let the community know that the building at 60 Patterson Blvd SW is scheduled to be torn down. The building is in poor condition, and it's not possible to renovate or find a new use for it that fits current rules.

The land is designated as Municipal Reserve, which means it can only be used for limited purposes under provincial rules. The City doesn't have a need for this site, and Municipal Reserve land is usually kept for future public services or as open space. We tried to find a new tenant for the building, but no suitable proposals came forward.

The building won't be demolished until City Council approves funding. This year's budget didn't include funding for the project, and the next budget process will begin in early 2026. Any future decisions about the site will also need Council approval."

**BRAIN  
GAMES**

# SUDOKU

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2								
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		3					8	
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4			3	6				
1		9	2	5			4	

**SCAN THE QR CODE  
FOR THE SOLUTION**



## Cats, Canines, & Critters of Calgary



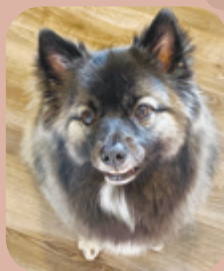
Lily and Fern, *Calgary*



Enzo, *Calgary*



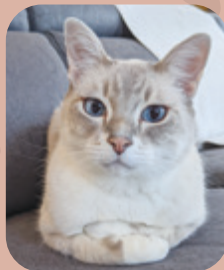
Molly, *Elbow Scene*



Roscoe,  
*McKenzie Towne*



Stella,  
*Elbow Scene*



Tigger,  
*Elbow Scene*



Willow,  
*McKenzie Towne*

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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

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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](http://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 on Tuesdays will return in September. Sandwich making for Alpha House on Wednesdays at 1:00 pm.



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**COACH HILL**



**PATTERSON**



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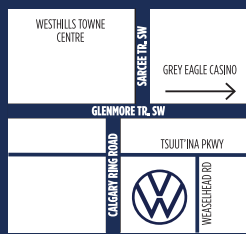


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\*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

## COACH HILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	19	12	\$519,450	\$515,000
April	25	14	6	\$472,350	\$460,500
March	25	9	8	\$712,450	\$749,000
February	25	6	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
October	24	4	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

To view more detailed information that comprise the above  
MLS averages please visit [coac.mycalgary.com](http://coac.mycalgary.com)

## PATTERSON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	16	15	\$491,000	\$477,000
April	25	23	9	\$449,900	\$435,000
March	25	14	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
October	24	11	14	\$449,500	\$462,500
September	24	14	6	\$849,500	\$835,000
August	24	7	4	\$447,450	\$435,000
July	24	12	17	\$449,000	\$480,000
June	24	17	12	\$522,750	\$531,500

To view more detailed information that comprise the above  
MLS averages please visit [patt.mycalgary.com](http://patt.mycalgary.com)