

MARCH 2025

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the BROADCASTER

THE OFFICIAL COACH HILL & PATTERSON HEIGHTS COMMUNITY NEWSLETTER



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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, 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 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

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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and referral opportunities!



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	Aisha Zaman communications@chph.ca
Community Liaison	Vacant admin@chph.ca
Events Committee	Vacant events@chph.ca
Expansion and Development	George Wong development@chph.ca
Membership	Leanne Albertson membership@chph.ca
Newsletter	Alvin Luximon newsletter@chph.ca
Recycling	Ross Hart recycling@chph.ca
Traffic Safety Coordinator	Marcie Miranda traffic@chph.ca

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

Some restrictions may apply. Reg: \$13,679

SALE \$9,879
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Hub Update

Yes, we are working hard behind the scenes on the Community Hub. We have narrowed it down and are engaging exclusively with a new contractor with a reasonable bid and working with the City of Calgary to ensure approvals to build on City land. This has been an evolving process with a lot of lessons learned. It has taken us a lot longer than anticipated to not only perform our due diligence but also raise enough funding to fulfill our grant requirements and fulfill building code and accessibility design standards. Previously, bids have been high and outside of our price range. We are looking for a build start date of April 2025 when the ground thaws.



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.

Open Board Positions

We are looking for:

- Events Director
- Vice President
- Community Liaison

All our director positions have a minimum one-year commitment on the board and mandatory attendance at our board meetings.

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.



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

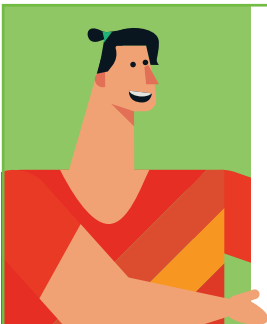
- St. Michael Elementary/Jr. High (Fr. Immersion)
- Bishop Carroll High School
- St. Mary's High School (Ext. French)

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



March Membership Madness

There will be doorknockers in the area for the month of March.

This is a great time for people to renew CHPH memberships. It's only \$20 per household for the whole year. It gives access to low cost programs and allows the CA to put on events like the Stampede Breakfast and Movie in the Park, as well as offer services like our joint community cleanup event in partnership with the City of Calgary.



Spring Fundraiser

Ordering opens April 1 and closes April 24. Pick up TBD. Visit our website for further details.




Growing Smiles

Spring Fundraiser 2025

GROUP:



UP PREMIUM HANGING BASKET
Say hello to our latest flower mixes! These hanging baskets are perfect for sunny spots, blooming with gorgeous flowers & trailing plants. With beautiful varieties & mixes, they're here to add a special touch to your space!



UPGRADED MIXES!
OUTDOOR PATIO PLANTER
Discover the excitement! Our Outdoor Patio Planters feature a blend of our top-performing and upgraded plant collections, all set to thrive in full sun. They're your ticket to springtime paradise right in your very own backyard!



PA patio HANGING PLANTER
ADD a touch of elegance to your garden! Painted in a 2 gallon pot, these Florida mixes are bred to brave colder weather and bring back color year after year.
COLOR: CANNOT BE SELECTED & MAY COME IN: LIGHT PINK, DARK PINK, WHITE, OR YELLOW.



STUNNING HANGING BASKET
Aren't for kids! Our stunning baskets aren't! Double stack time with hanging baskets! Strawberries all growing season long. With charming blossoms in white or pink, these eye-catching varieties are as beautiful as they are delicious!



NEW!
BOSTON FERN HANGING BASKET
Elegance your place with botanical charm! These hanging baskets boast cascading ferns that bring a breath of fresh air to both indoor & outdoor spaces. Don't miss out on this new addition; ready to redefine your space!



PATIO HANGING PLANTER
Your very own tropical indoor retreat is here! Welcome the cascade of a trailing Pothos, the vibrant pop of color from a Tradescantia, & the elegant stature of a Dieffenbachia - all now part of our program!
DUPLICATES & SUBSTITUTIONS MAY OCCUR.



NON-GMO
LETTUCE GARDEN
Elevate your dishes with a flavorful assortment of our finest hybrid varieties! May include: Basil (Sweet & Thai), Thyme, Chives (Green & Garlic), Mint (Majlis & Peppermint), Oregano, Parsley, & Rosemary.
DUPLICATES & SUBSTITUTIONS MAY OCCUR.



LETTUCE GARDEN
Save the goodness of your own homegrown veggies right from your own garden or patio! Varieties may include Tomatoes (4), Cucumber, Zucchini, Peppers (4-2), Kale, & Romano.
DUPLICATES & SUBSTITUTIONS MAY OCCUR.



PATIO HANGING PLANTER
Open the door to a garden of endless possibilities! These easy-to-grow bedding plants available in red, white, or pink, stay resilient again peppy intruders like deer & rabbits. Get ready for a burst of color!
CANNOT MIX & MATCH COLORS IN A FLAT.



wave
PETUNIA
Paint your own outdoor canvas! Our cascading Wave Petunias, available in purple, white, or pink, will set the tone and elevate your garden, planter boxes, and hanging baskets. Don't miss out!
CANNOT MIX & MATCH COLORS IN A FLAT.



PATIO HANGING PLANTER
Experience a season-long visual treat! Our Marigolds, sold in orange, promise more than just a pop of color - they're also great companions for various veggies. It doesn't get much better than the perfect balance of color & companionship!



POTTING SOIL 30 L
Give your plants a boost! This organic potting soil has been formulated to help your plants reach their full potential through a blend of compost, kelp, fish meal, peat moss, glacier rock dust, & rice hull. Watch your plants thrive this Spring!



FERTILIZER SHAKER 30 KG
Level up your gardening game! Crafted with organic granular kelp, this blend is a game-changer for both flowers & veggies. Say goodbye to complicated fertilizing and hello to a vibrant, thriving garden with our easy-to-use Fertilizer Shaker!

DUPLICATES AND SUBSTITUTIONS MAY OCCUR. AVAILABILITY IS BASED ON WHAT IS IN THE GREENHOUSE.



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Canada is home to 60% of the world's lakes, this equates to over 2 million shimmering bodies of water across this beautiful country we call home. But that's not all - Canada also has the longest coastline in the world stretching an astonishing length of 202,080 kilometres.

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COMMUNITY UPDATES

Membership Renewal

All CHPH memberships expired on December 31, 2024. If you need help with your renewal, please reach out to Leanne at membership@chph.ca.

Fundraiser

Check www.CHPH.ca for information on our CHPH Bacon Fundraiser.

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MARCH 26

Purple Day



epilepsy association OF CALGARY

epilepsycalgary.com

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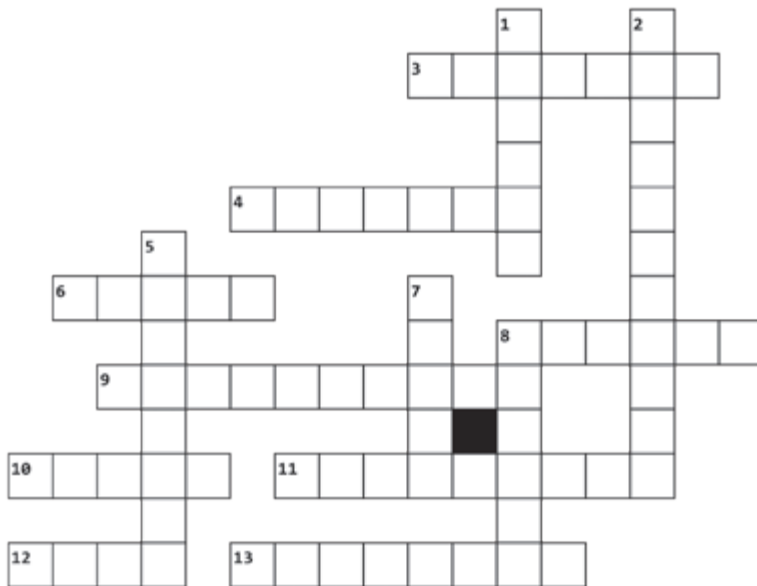


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March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



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

Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word “kujenga” which means “to build”.
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, “unplug” from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



Word of the Month



Limerence: noun (li-mer-uhns)

A state of mind resulting from romantic feelings for someone.

Amelie experienced limerence for her coworker after they worked the event together.

Playground Replacement

The City of Calgary held an engagement session about the replacement of the playground off Patterson Blvd SW. This playground is connected to a trail system right before Patterson Close SW off the beaten path. The playground will have new equipment installed.

The Community Association has requested that the age range for this playground accommodate older children. The Community Association does not have input into playground equipment that will be installed. Other playgrounds in Coach Hill are scheduled to be replaced within the next five years.


If anyone is interested in starting a playground committee in the neighbourhood and wants to write grants or fundraise, we will have the ability to improve the equipment and/or surface of the upcoming City playground replacements. If you are interested, please email president@chph.ca.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION





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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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.



Recognizing Eating Disorders

by Alberta Health Services

Eating disorders (ED) are complex mental illnesses that can affect people physically as well. They affect people of all genders, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They can occur because of many factors like genetics, brain chemistry, one's environment, as well as stressful life events. This article will explain some common eating disorders and what to do if you suspect that you or someone you know has one.

Types and Features of Common Eating Disorders

The purpose of outlining some common features is to highlight the importance of proper diagnosis and treatment.

- **Anorexia Nervosa:** People who have anorexia nervosa can weigh less than what is healthy for them. They often think they weigh too much even when they do not weigh enough to stay healthy. People may restrict their intake, engage in excessive exercise, and/or engage in purging behaviours such as vomiting, misuse of laxatives, diuretics, or enemas.
- **Bulimia Nervosa:** This is eating large amounts of food within a specified time, feeling out of control during eating, and compensatory behaviours to prevent weight gain (like vomiting or laxatives). Bulimia can occur for anyone, regardless of what they weigh.
- **Binge Eating Disorder:** Eating large amounts of food, feeling out of control, and can include eating rapidly until uncomfortably full, eating alone, eating when not hungry, and negative feelings after binge eating.
- **Avoidant Restrictive Food Intake Disorder (ARFID):** People with ARFID avoid certain foods due to their sensory characteristics, fear of adverse consequences such as choking or vomiting or general lack of interest in food or eating.

What to Do if You Think Someone Has an ED or if You Think You May Have an ED?

If you think your loved one has an ED, tell them you are worried and let them know you care. It is important to show support. Listen to their feelings and remember the



big picture. Eating disorders happen for many different reasons. Many people who have an eating disorder come from families in which other members have eating disorders or have other conditions such as depression. This doesn't mean that a family member caused the disorder. It simply means that these conditions seem more likely to happen in that family.

If you think you have an ED, speak with a primary care provider immediately and explain why you may suspect this. Early intervention is crucial. The primary care provider may ask you to describe any physical or emotional changes you have noticed or experienced that are concerning you.

You can also reach out to the Recovery Alberta Mental Health Helpline at 1-877-303-2642. Remember you are not alone, and help is available. Full recovery from an eating disorder is possible with proper treatment.

For more information about eating disorders, visit the Eating Disorder Support Network of Alberta at edsna.ca or National Eating Disorder Information Centre at nedic.ca.

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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

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		Listed	Sold	Listed	Sold
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December	24	2	3	\$439,900	\$432,000
November	24	3	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
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

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
January	25	8	0	\$0	\$0
December	24	0	1	\$239,900	\$230,000
November	24	8	13	\$530,000	\$496,500
October	24	12	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
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

To view more detailed information that comprise the above
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