

MAY 2025

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THE OFFICIAL COACH HILL & PATTERSON HEIGHTS COMMUNITY NEWSLETTER



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- 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 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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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

SUPREME 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 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

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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.



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

EXECUTIVE

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

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



Hub Update

Happy spring season! I know it feels as though our community hub is taking an enormous amount of time for construction, but we appreciate your patience. We have been tirelessly working with the city to ensure all approvals as we had to go back and edit some of our architectural drawings as well as have the hub quoted by reputable contractors.

Please note we have selected a contractor and have plans to hopefully have shovels in the ground by June. The garden boxes are cedar and have been able to withstand our weather conditions. The goal is to have the entire hub completed by October 2025 or earlier.

The cost to build along with struggles raising money have contributed to the delays in construction. We are still actively fundraising and applying for grants for the hub. If you would like to be a part of CHPH history, you can donate directly from our website. Scan the QR code below!



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 <https://www.chph.ca/sponsorship> to learn more about sponsorship opportunities. Together, we can build a stronger and more connected community.

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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



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Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.

5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

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COMMUNITY UPDATES

2025 Member Annual General Meeting Tuesday, May 27 at 7:00 pm Strathcona Community Centre

Only current members with a valid paid membership will be permitted to vote on motions at the AGM. To check the status of your membership, or purchase a new membership, please email membership@chph.ca.

To register and for more information visit <https://www.chph.ca/post/chph-annual-general-meeting>.

A Busy Spring and Summer Ahead for the Neighbourhood!

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

To make sure that you don't miss anything make sure to get your membership to be 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.

Tennis Lessons

Learn to Play Tennis for Kids will be back for the end of May. Lessons will run for six weeks. The pricing will be \$50 for members and \$70 for non-members for six weeks. Check on our website for more information!

Pickleball Lessons

Learn to Play Pickleball for Adults is a brand-new program that we will be starting at the end of May. \$70 for members and \$90 for non-members for six weeks. Check on our website for more information!

Farmstand Fridays Will be Back at Patterson Park!

Love Grows Wild Ranch and Shirley's Greenhouses will return to Patterson Park on Fridays from 2:00 to 6:00 pm. They will be selling local homegrown produce and beef products! They will return just after the May long weekend! Support Farmstand Fridays and shop local!

Stampede Breakfast!

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! More details about the event to come on our website by June.

Interested in being part of the action? We are looking for help to make this event a success!

Volunteers needed for the day of, and business sponsorships needed. If you are interested, please contact president@chph.ca.

Save the Date

- **Movie in the Park:** September 5! More details for this year's movie will be coming. Please stay tuned!
- **Community Recycling Event:** We are partnering with the West Springs Cougar Ridge Community Association to co-host this event. The City has provided us with Saturday, September 27 as our Community Cleanup Day! The recycling event will be at French International School at 700 77 St from 9:00 am to 2:00 pm. Items we'll accept are metals, electronics, mattresses, box springs, car seats, used bikes, household appliances, furniture, and bottles.
- **June Coffee Fundraiser:** We have an exciting new fundraiser next month. We will be selling coffee from a local roastery from June 2 to 16 with pick-up on June 23 after work. Proceeds will go towards supporting Stampede Breakfast and Movie in the Park. Check out our website and socials for more information!

Traffic Update

We are scheduled to have two traffic lights installed this year.

- 1) Old Banff Coach Road SW, Coach Hill Rd/Patterson Hill Intersection.
- 2) Old Banff Coach Rd SW and Coachway Road.

These were initially going to be installed last year but were pushed to 2025. A date has not been set yet as this work is weather dependent.

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

COACH HILL



PATTERSON



Wine Tasting Fundraiser

Get ready for a memorable night out! Join us on May 24 from 6:30 to 8:30 pm at J.Webb Wine Merchant (8561 8A Ave SW #3106, Calgary, AB) for an exclusive wine tasting experience. Visit <https://www.chph.ca/post/wine-fundraiser> for details and tickets!

WINE TASTING FUNDRAISER

A fun night out to support our community!

Your ticket includes:

- 12 wines to taste
- cheese and charcuterie
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This is the perfect date night or gift for Mother's Day! Funds raised will go towards free events like Movie in the Park.

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BUTTER KEEP A SECRET!




Have you heard the rumor about butter?

Never mind, I shouldn't be spreading it.

Father's Day

For all the things your father was to you, honour him this Father's Day by placing a complimentary flower on his resting place.


Sunday, June 15 • 10:00 am – 2:00 pm • All welcome for a Free Family BBQ

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volunteers move away and we
are looking for fresh faces to
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Open Board Positions

We are looking for

- Vice President
- Events Director
- Community Liaison
- Expansion & Development Director
- Fundraising & Sponsorship Director
- Rink/Hub Director
- Programming Director

See full position descriptions and application
information on our website:

<https://www.chph.ca/board-of-directors>
or scan below



A Heartfelt Thank You to Michelle Flemming



We extend our deepest thanks to the incredible Michelle Flemming, a dedicated volunteer and pillar of the Coach Hill Patterson Heights Community Association for an astounding 32 years. Michelle has served in numerous roles on our board, always stepping up with passion, insight, and unwavering commitment.

From being the first to welcome new residents to working alongside her husband Dale to advocate for traffic safety and infrastructure improvements with the City of Calgary, Michelle has been a true champion for our communities. Her fiery spirit, deep historical knowledge, and countless volunteer hours have left an indelible mark on our communities.

As Michelle embarks on a new chapter in a new community, we will miss her greatly but remain deeply grateful for everything she's given. We wish her all the best and hope to welcome her back at future events—she will always be part of our community family.



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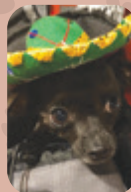
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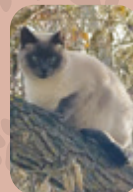
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GAMES**

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



GAMES & PUZZLES

Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called _____; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called _____.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	25	8	8	\$712,450	\$749,000
February	25	7	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
May	24	11	11	\$419,900	\$428,000
April	24	9	7	\$409,000	\$435,000

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
March	25	16	17	\$495,000	\$490,000
February	25	14	10	\$492,400	\$498,750
January	25	8	0	\$0	\$0
December	24	0	1	\$239,900	\$230,000
November	24	8	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
May	24	19	19	\$449,900	\$505,000
April	24	14	7	\$469,900	\$450,000

To view more detailed information that comprise the above
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