

OCTOBER 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
August	25	9	5	\$550,000	\$550,000
July	25	7	7	\$530,000	\$550,000
June	25	10	8	\$727,000	\$719,500
May	25	13	12	\$519,450	\$515,000
April	25	12	6	\$472,350	\$460,500
March	25	9	8	\$712,450	\$749,000
February	25	5	2	\$349,900	\$342,000
January	25	3	2	\$709,900	\$741,389
December	24	2	3	\$439,900	\$432,000
November	24	2	4	\$499,000	\$500,500
October	24	4	7	\$489,999	\$480,000
September	24	9	10	\$442,500	\$440,000

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
August	25	12	9	\$699,900	\$680,000
July	25	9	11	\$615,000	\$614,000
June	25	12	8	\$485,000	\$472,150
May	25	16	15	\$491,000	\$477,000
April	25	22	9	\$449,900	\$435,000
March	25	13	17	\$495,000	\$490,000
February	25	13	10	\$492,400	\$498,750
January	25	8	0	\$0	\$0
December	24	0	1	\$239,900	\$230,000
November	24	7	13	\$530,000	\$496,500
October	24	11	14	\$449,500	\$462,500
September	24	14	6	\$849,500	\$835,000

To view more detailed information that comprise the above
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JOANNE BIRCE

WARD 6

BUSINESS SMARTS COMMUNITY HEART

- ✓ Tax dollars focused on essential services that residents need
- ✓ Affordability: lower taxes, increased efficiency, identify waste
- ✓ Listen to residents and respond
- ✓ Prioritize economic growth

Mark Your Calendar to Vote!

➔ Advance Voting: Oct 6-11

➔ Election Day: Oct 20

➔ Location and Times to Vote: visit ElectionsCalgary.ca

➔ Save time when voting by checking the registered voter list in advance: ElectionsCalgary.ca



Meet Joanne!

Scan here or
visit website for
video and info.

JoanneBirce.ca

Phone:
403-476-1380

Email: info@JoanneBirce.ca



COMMITTED TO HIGHER STANDARDS

Authorized by the chief official agent for the Joanne Birce campaign

CHPHCA

Stay Up to Date

Our community association has several channels to communicate to you, and for you to communicate with us!

Member Emails: Get a membership and provide your email for "what's new" updates. Sign up to be included.

The Broadcaster Newsletter: 12 publications/year

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

General Inquiries: admin@chph.ca

Mail: Box 74132, 148-555 Strathcona Blvd SW Calgary, Alberta T3H 3B6

Email Us: See board listing for a full list of emails

Website: www.chph.ca

CALLING LOCAL PHOTOGRAPHERS!

We invite you to send in photos that highlight community events or day-to-day living in CHPH. We will publish the best photos in our next editions of the newsletter. Please make sure that photos are 300 DPI and file sizes are a minimum of 1MB in order to ensure print quality.

CALLING LOCAL WRITERS

Do you have something that you like to share with the CHPH community? If so, we welcome your input. Please email your articles and/or photos to the newsletter coordinator at communications@chph.ca and we will consider your submission for our next newsletter.

We've partnered with SkipTheDepot!

Looking for a way to help your Community Association that's quick and easy? Give us your empty bottles!

Its easy! Download the app and schedule a pickup using the link: <https://app.skipthedepot.com/coachhillassociation>.

That's it! On the appointed day, place your bags outside, and they will get picked up for you! No hauling bags into your trunk or waiting in line at the depot. SkipTheDepot will allow everyone to donate directly to our organization with ease.



EXECUTIVE

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

MEMBERS AT LARGE

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

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: \$17,679

SALE \$13,879
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

ABSOLUTELY NO HIDDEN COSTS

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SALE \$15,679
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COMMUNITY UPDATES

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

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

City of Calgary Updates

Municipal Election

Remember to vote on October 20 for the upcoming municipal election! See electionscalgary.ca/ for voting information including Advanced Voting.

Douglas Fir Trail Closures

DFT remains partially closed as the City works on mitigating risks to public safety and slope remediation. The gravel parking lot in South Edworthy is now closed as is the part of the bike path near Bow Trail. They will remain closed until October 2026. See any updates for the bike path closures here: maps.calgary.ca/PathwaysandBikeways/.

Current Community Programs

Farmstand Fridays at Patterson Park!

Shirley's Greenhouses and Love Grows Wild have a wonderful plethora of ripe garden veggies, preserves, and grass-fed and grass finished beef. We are very lucky to have these vendors set up in the field every Friday! Please come and check them out from 3:00 to 7:00 pm. You're supporting local farmers and two great families. Their last day is October 10.

Diwali Samosa Fundraiser

Back by popular demand! Celebrate Diwali with us and stock up on samosas for your freezer. They can be easily warmed in your air fryer! Check out our website or the QR code in this newsletter to order and to see the full menu.

Order by October 17. Pick up on October 21 at St. Martin's Church.

November/December Events and Programs

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

Santa Photos

We will be partnering with West Springs Cougar Ridge to put on an even bigger event this year! Join us on December 13 at the West Springs Church. We are looking for volunteers for this event as well! If you are interested, please email communications@chph.ca.

Wine Survivor Fundraiser

Calling all wine lovers! We will be hosting a Wine Survivor fundraiser! It's basically a raffle where you win wine. Sign-ups will open in early November and prizes will be awarded in early Dec - right in time for the holidays!

Check out our website for all of the details and rules. This will be open to members and non members.

Holiday Greens and Poinsettia Fundraiser

We've partnered with Growing Smiles again to bring you locally grown holiday greens, wreaths, and poinsettias.

Ice Rinks

The ice rinks will back this winter! Check out more information under the Hub Update in this newsletter.

Past Events and Fundraisers

Movie in the Park

Thank you to everyone who attended! It was amazing to see so many people join us for a night out. We also appreciate all the donations people made to help cover costs for the event.

Thank you to our event sponsors: Prominence Way Retirement Homes, Alberta Hardwood Flooring, and Fresh Air Cinemas. Thank you to the amazing local businesses who donated to our raffle prize and helped us with popcorn and drinks for the event: Kibo Sushi, Calgary Co-op, Telus Spark, Big T's BBQ (West Springs), Cork Fine Wines, Liquor, and Ale, 711 (Coach Hill Plaza), and Subway (Coach Hill Plaza).

More Community Updates

Calgary Padel Club has taken over the old rink outside of The Patterson Recreational Facility (formerly the Alberta Badminton Centre). They will be repurposing the rink to make enclosed Padel Courts. They have spent years teaching communities how to play Padel and have also put on programming for children and seniors. Their

goal is to rebuild and open by next summer. Drop in and membership options will be available. We will have special CHPH memberships available. More details will come out next year.

The Calgary Padel Club will be dropping leaflets and door knocking at the houses near the site to introduce themselves and the project. If you have any questions, you can contact Bill Stamile from Calgary Padel at 403-671-6838 or email stamilebill@outlook.com.

The building is to be demolished. The two parking lots will not be affected and will remain open.



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Benefits of CHPHCA Membership

What does the CHPHCA do for me?

- Organizes social events such as the annual Stampede breakfast, Spring Recycling Cleanup, Movie in the Park, and Parade of Garage Sales
- Discounts on paid community events like Santa Photos and Wine Night
- Publishes the *Broadcaster* community newsletter
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at www.chph.ca
- Communicates regularly with Councillor 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: _____



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

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

COACH HILL



PATTERSON



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Open Board Positions

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Events Director
Community Liaison
Fundraising & Sponsorship Director
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See up-to-date positions, descriptions and
application information on our website:
<https://www.chph.ca/board-of-directors>

or scan below



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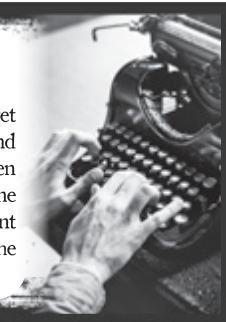


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Pickup: Oct 21
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SPONSORSHIP



Community Sponsors Needed!

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

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

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

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

Hub Update

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

Coach Hill Fields Outdoor Rink Update

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

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

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

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

Thank you!

Make a lasting impact on your neighbourhood!



Sponsor a Bench or Hoop for The Hub!

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

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

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

email: president@chph.ca

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Stay safe this
halloween with tricks
and tips from the City
of Calgary



How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



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continued on next page

BUSINESS CLASSIFIEDS

continued

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

THE SNOW RETRIEVERS: Autumn leaves are falling, and winter is near. Stay worry free - let us handle fall clean-up and keep snow cleared all winter. Packages start at \$149/month. Sign up today and get \$50 OFF! Call 587-200-7985 or visit thesnowretrievers.ca. Buy back your time and enjoy what matters most.



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

SCAN THE QR CODE FOR THE SOLUTION





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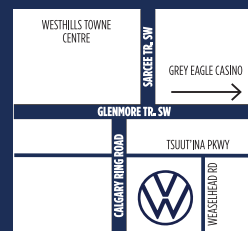
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