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December 12

At 1:00PM

Artistic Director: *Amanda Massey*

Pianist: *Nina Cen*

5010 Spruce Drive SW — Woodcliff United Church

Tickets are $20 for adults & seniors, free entry for children & students.

*Tickets available at the door will be cash only.

Purchase tickets through TicketOwl. Link available through our website at: **calgarymulticulturalchoir.ca**

Want to be a part of the music?

Join us for "Try-It-Days" at the start of our next season: January 12th, 19th & 26th and see if the Calgary Multicultural Choir is right for you! Further info, such as location & time is available on our website.

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It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

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

COACH HILL

PATTERSON



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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.

9 PM ROUTINE

CALGARY POLICE SERVICE

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



COACH HILL PATTERSON HEIGHTS COMMUNITY ASSOCIATION (CHPHCA)

BOARD OF DIRECTORS

EXECUTIVE	
President	Talena Klypak Borbely president@chph.ca
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Secretary	Voula Martin secretary@chph.ca
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Events Director	Ana Tanase events@chph.ca
Expansion and Development	Dylon Shaw development@chph.ca
Membership	Vacant membership@chph.ca
Recycling	Ross Hart recycling@chph.ca
Traffic Safety Coordinator	Marcie Miranda traffic@chph.ca
Fundraising and Sponsorship	Nathaniel Sterzik sponsorship@chph.ca
Rink / Hub Director	Vacant
Programming Director	Xu Liu

Stay engaged with our neighbourhood events, fundraisers, and programs!

Join our Membership Base for email updates and follow us on Instagram @chph.ca and Facebook @CHPHcommunity.

Check out the website at www.chph.ca.

Santa Photos | December 7
Santa Claus is coming… to Coach Hill this December! Come on down to take photos with Santa, enjoy hot chocolate and crafts while getting into the festive spirit.

Santa Photos are at St. Martin's Church on Monday, December 7 from 6:00 to 7:30 pm.

Community Garden Director Wanted!
CHPH is looking for a Community Garden Director to oversee our community garden plots, etc. starting next year! Do you have a passion for gardening? If this sounds like it's up your alley, please email president@chph.ca.

Community Association Board | Positions Open
Our volunteers are the heart of the community so we're sad to see some of our members go but look forward to the ideas and energy that new members bring to the table.

Treasurer: Our treasurer has moved out of the community, and we need someone to step in as soon as possible. They remain available for guidance during the transition.

Communications Director: Maintain our website, newsletter, and social media channels. Role can be shared.

Membership Director: Oversee the membership database and assist members.

Community Liaison: Provide support to all the roles.

Secretary: Our current secretary will have served the maximum term on the board as at May 2027.

Learn more at
www.chph.ca/post/vacant-chph-ca-board-positions.

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 John Pantazopoulos 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
- Radio 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

Other Sports:
- 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

The Nutcracker





In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

SANTA PHOTOS



MONDAY DECEMBER 7TH, 6 - 7:30 PM
ST. MARTINS CHURCH
1009 PROMINENCE WAY SW

CHPH.CA

Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.



Is it time to renew your membership?



Renew now so that you don't miss out on member only perks!

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SCAN ME



"First public Christmas tree in Central Park, Calgary, Alberta.", 1914-12-24, (CU1122821) by unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

The History of Calgary's First Public Christmas Tree

In 1914, during the hardships of the First World War, several Calgary citizens led by Mr. E.J. Riley began a movement to organize a local branch of the Canadian Christmas Tree League. Their goal was to bring the community together through a public celebration and spread happiness during a difficult time.

The Calgary branch of the league was successfully launched on December 12, 1914. Soon afterward, plans were made to raise a public Christmas tree approximately 40 feet tall in Central Park, which is now known as Central Memorial Park.

According to *The Calgary Albertan* on December 21, 1914, the tree "will be prettily lighted and surmounted with a large cross or star." The newspaper also described how "that traditional old guest, Santa Claus, will arrive on the scene in a sled drawn by the best team of reindeer Calgary can produce." The tree was planned to be illuminated every night during Christmas week.

The celebration aimed to do more than mark the holiday. The league's members wanted to plan an open-air celebration that would bring joy to people of all ages. They hoped the event would "gladden hundreds of children and parents, and help them to forget, during the Christmas season at least, the sorrow spread over the land by the war." At a time when many families were worried about loved ones and the effects of the war, the celebration offered a welcome opportunity to experience joy, hope, and togetherness.

The modern Christmas tree originated in 16th-century Germany, blending ancient winter solstice evergreen customs with medieval religious symbolism. Introduced into England in the 19th century, the Christmas tree was popularized by German-born Prince Albert, husband of Queen Victoria. Brought to North America by German settlers as early as the 17th century, Christmas trees were the height of fashion by the 19th century.

The first Christmas Tree League in Canada had been organized in St. Lambert, Quebec in 1913. Similar public Christmas tree celebrations were also held annually in larger American cities. Calgary followed this growing tradition by electing officers and appointing a programme committee to help organize the event.

Although Calgary's public Christmas tree tradition was interrupted later during the war, it returned to Central Park in 1922. Annual Christmas light-ups became a familiar part of the city's holiday season. After Olympic Plaza opened for the 1988 Winter Olympics, it became another home for Calgary's public Christmas tree until the plaza closed for renovations in early 2025. What began as a wartime effort to spread happiness grew into a lasting Calgary tradition.

Learn more about Central Memorial Park on the Inventory of Evaluated Historic Resources: https://www.heritagecalgary.ca/explore-inventory.

Art Isn't Just for Artists: What Happens When We Change the Rules?

by Jayne, Dover Resident, Artist, and Creator of Take Space



Most children don't hesitate when you give them a paintbrush and a blank sheet of paper. They might paint a dinosaur, their family, or something completely unrecognisable. Ask them what they've made, and they'll explain it with absolute confidence.

Give an adult the same materials, and there's a good chance the first thing they'll say is, "I'm not very good at art."

When did that change?

Somewhere between childhood and adulthood, many of us start to believe that creativity requires talent. That art needs to look like something, mean something, or, at the very least, be something we'd happily hang on a wall.

But who decided what makes art good?

I've spent plenty of time exploring that question. Art has never been one fixed thing. Throughout history, artists have challenged expectations, broken conventions, and questioned what art is even supposed to be.

Yet when it comes to our own creativity, we often hold ourselves to remarkably rigid standards.

We follow instructions, compare our work to others, and worry about making mistakes. Even recreational art activities can sometimes leave us focused more on reproducing a finished example than exploring our own ideas.

But what if the rules changed halfway through?

What if the colours you carefully selected were suddenly unavailable? What if an unexpected mark appeared on your canvas? What if the thing you were making no longer looked anything like you'd planned?

Would it be ruined? Or could it become something more interesting?

These questions aren't really about painting. They're about curiosity, expectations, and giving ourselves permission to try something without knowing exactly how it will turn out.

And I think there's something particularly valuable about exploring that in our own neighbourhoods.

Community spaces can make creativity feel less intimidating. You don't need to walk into a gallery, understand artistic terminology, or have years of experience behind you. You can simply arrive, meet people from different backgrounds and discover what happens when you're given the freedom to experiment.

Living in Dover has reinforced for me how important accessible community opportunities can be. Creativity shouldn't feel like something reserved for a select few, or something you need to be qualified to enjoy.

It can be messy, unpredictable, frustrating, funny, and occasionally quite beautiful.

And sometimes, the most interesting thing you make isn't the thing you intended to create.

Perhaps it's time we stopped asking whether we're good at art and started asking whether we're enjoying making it.

Safe Parking During Holiday Activities Near Schools



December brings concerts, events, and celebrations to school communities. These activities increase traffic and parking demand during already busy times. Parking rules help keep streets safe and accessible during events by protecting sightlines, sidewalks and access points. Blocking crosswalks, driveways, or bus zones—even briefly— can create safety risks when streets are crowded. Planning ahead, parking legally, and walking a short distance helps reduce congestion and supports safer holiday gatherings for everyone. Learn more: calgaryparking.com/safeschools.

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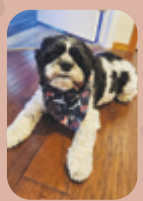
ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and live-streamed). Mid-week service on Wednesdays at 2:00 pm. ESL conversation cafe on Tuesdays at 9:30 am. Sandwich making for Alpha House on Wednesdays at 1:00 pm. Family friendly Christmas Eve service on December 24 at 4pm. All are welcome!

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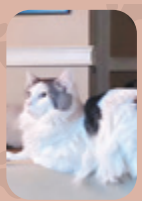
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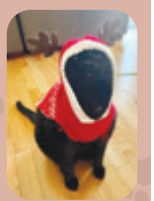

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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
October 26	13	5	$359,000	$356,000
September 26	6	6	$378,450	$373,500
August 26	9	4	$537,450	$529,000
July 26	8	9	$399,900	$395,000
June 26	11	11	$549,900	$535,000
May 26	16	11	$529,900	$535,000
April 26	13	12	$532,450	$509,250
March 26	10	5	$599,900	$580,000
February 26	7	3	$419,900	$412,500
January 26	4	7	$599,900	$580,000
December 25	2	5	$495,000	$488,000
November 25	7	3	$825,000	$810,000

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
October 26	8	7	$450,000	$430,000
September 26	18	12	$629,500	$626,000
August 26	18	9	$499,900	$475,000
July 26	16	10	$442,000	$437,750
June 26	16	5	$479,000	$468,000
May 26	13	8	$515,000	$506,500
April 26	13	10	$714,950	$696,950
March 26	11	8	$459,900	$452,000
February 26	9	5	$599,900	$601,000
January 26	10	8	$574,950	$553,500
December 25	3	5	$460,000	$452,500
November 25	7	3	$424,900	$405,000

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