

FEBRUARY 2026

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COACH HILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	25	2	5	\$495,000	\$488,000
November	25	8	3	\$825,000	\$810,000
October	25	4	3	\$409,900	\$399,000
September	25	10	4	\$511,850	\$499,750
August	25	6	5	\$550,000	\$550,000
July	25	6	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

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
December	25	3	5	\$460,000	\$452,500
November	25	7	3	\$424,900	\$405,000
October	25	10	10	\$422,450	\$414,000
September	25	11	5	\$744,900	\$690,000
August	25	10	9	\$699,900	\$680,000
July	25	5	11	\$615,000	\$614,000
June	25	10	8	\$485,000	\$472,150
May	25	15	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

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



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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.

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

COACH HILL



PATTERSON



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

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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 Director	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 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

The Voice of Cartoon Legends

What do Bubbles from *The Powerpuff Girls*, Timmy Turner from *The Fairly OddParents*, and Dil Pickles from *Rugrats* have in common? They were all brought to life by the same Canadian voice actress: Tara Strong. Celebrating her birthday on February 12, Tara has built an extraordinary career from *Teen Titans* to *Ben 10* and beyond.



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.

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.

Are you looking to get more involved this year?
We are looking for an
Event Director!

We are looking for someone who loves planning, getting things done and has fun event ideas to join our Board!



All Open Board Positions

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



COMMUNITY UPDATES

We hope you had a Merry Christmas, Happy Holidays, and a Happy New Year!

Stay busy this winter 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.

March Memberships: Please note, that we will be door knocking in March to sell and talk about community association memberships. You can buy or renew your membership online, just visit our website: chph.ca.

Upcoming Community Programs, Events, and Fundraisers

Here's a sneak peak of what is to come this February 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.

Meet with John Pantazopoulos, Our New Ward 6 Councillor

February 10 from 7:00 to 8:00 pm

Residents of Springbank Hill, Coach Hill, and Patterson Heights are invited to join a virtual discussion with Councillor John Pantazopoulos. Reserve your free Eventbrite ticket to participate.

Submit your questions in advance; six will be chosen for the session.

Attendance is limited to 60 households (one ticket each).

Zoom link will be provided to registered participants.

Registration Link: eventbrite.ca/e/meet-with-john-pantazopoulos-our-new-ward-6-councillor-tickets-1978745118917?aff=oddtcreator.

Board Game Night

We decided to move our Community Board Game Night to March. Please see our website for more details!

Whiskey and Beer Tasting

We are planning a Whiskey and Beer Tasting fundraiser for the end of February/early March. What's better than whiskey on a cold night? Check out our website for details and ticket information!

Community Ice Rink

Thank you to our amazing volunteers who have spent so much time and effort over the last month maintaining our rink. If you are looking for a volunteer opportunity and love getting some fresh air, we are still looking for a couple more volunteers. Please email Derek at rink@chph.ca.

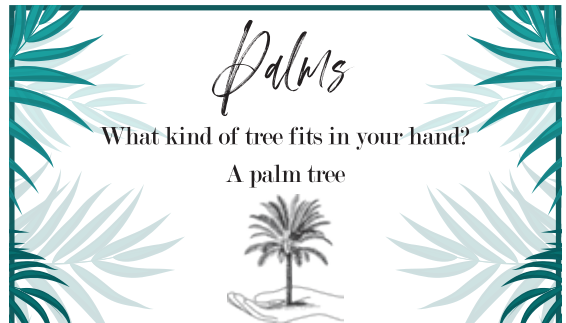
Please note the rink will be unavailable on Saturdays from 10:00 am to 12:00 pm for our Learn to Skate program.

Thank you for your patience with the rink this month. We were unable to flood it for maintenance and repairs due to the City of Calgary's water restrictions.

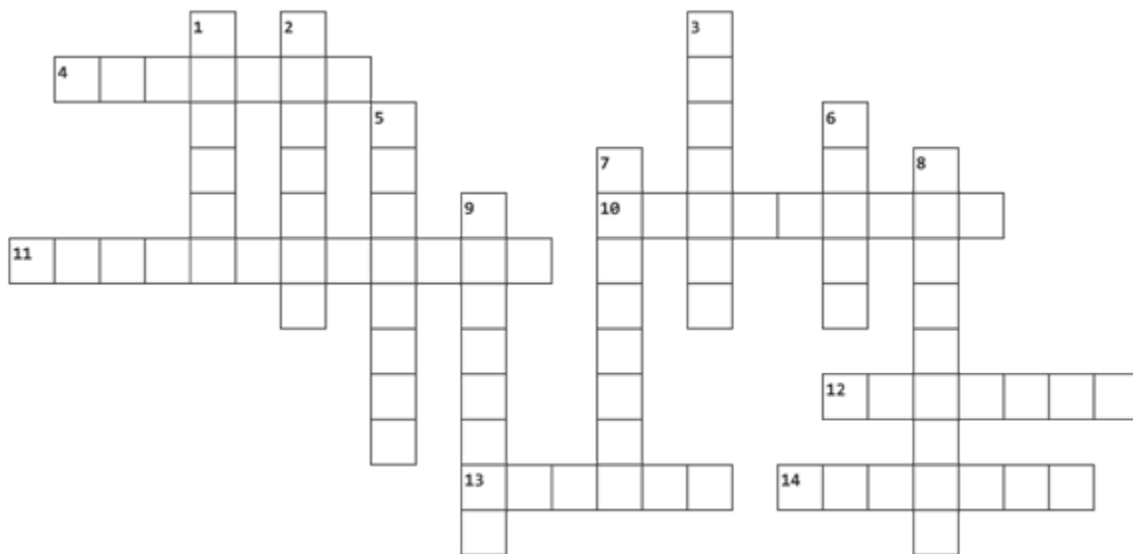
New Year and New Positions

Are you entering 2026 looking to get more involved in your community or find a volunteer position that will provide you with strong experience? We have a few open board positions that might be perfect for you! We are looking for an Events Director, Community Liaison, Fundraising and Sponsorship Director, and Programming Director.

If you have five to ten hours per month to spare, these are great opportunities. We hold monthly meetings and do our best to share the workload. New board members bring new experiences and ideas that enrich our community. Excited to learn more? Check out our website for the most up to date listings: chph.ca/post/board-positions-open.



February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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



Is it time to renew your membership?



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

GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



SCAN THE
QR CODE
FOR THE
ANSWERS!



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

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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: _____

Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now." or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

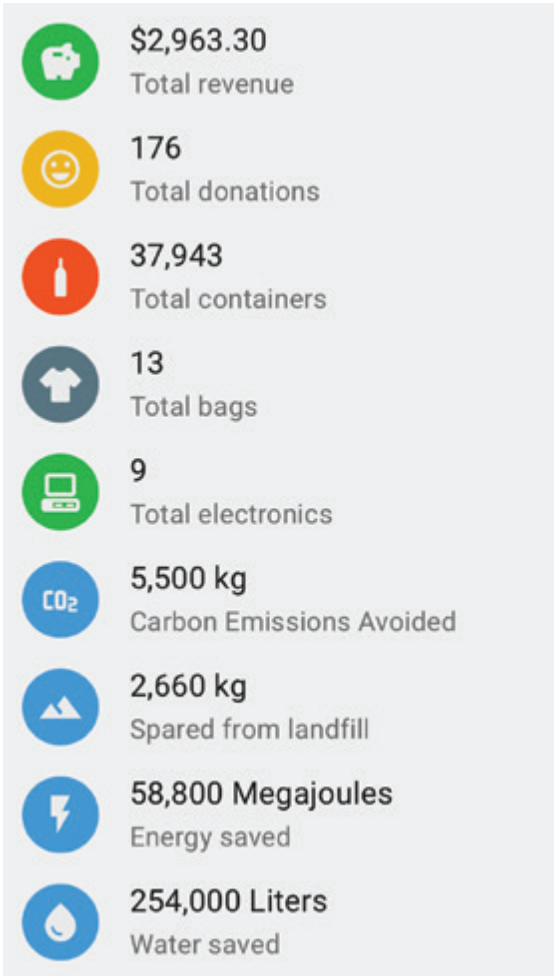
We've Partnered with Skip The Depot!

Looking for a way to help your community association that's quick and easy? Give us your empty bottles (and more)! Its easy! Download the app and schedule a pickup using the link: 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.

They accept bottles, clothing, and electronics. Saving you time and allowing you to donate directly to us.

Check out what was donated in 2025!





Councillor, Ward 6
John Pantazopoulos
✉ Ward6@calgary.ca
☎ 403-268-1380 | 🌐 calgary.ca/Ward6
📱 @Johnp4ward6 | 📺 @John4ward6

Hello Ward 6,

February is a busy and important month across Calgary, and I want to share a few timely updates and opportunities for residents to stay informed and engaged.

First, I encourage homeowners to review their 2026 Property Assessment, which was mailed in mid-January. The City's Customer Review Period runs until March 23, giving residents the chance to confirm property details, compare assessments with similar homes, and ensure values reflect the market as of July 1, 2025. Your assessment plays a key role in how property taxes are calculated. Tools and support are available online, and questions can be directed to 3-1-1.

February also brings opportunities to celebrate community and accessibility. From January 30 to February 16, Chinook Blast returns with winter activities, art, and events across the city. In addition, nominations for the Accessibility Awards open February 9, recognizing individuals and organizations making Calgary more accessible. These awards highlight the impact residents have when we build a city that works for everyone.

Youth ages 15 to 24 can connect with employers at the City's Youth Hiring Fair on March 26 at Stampede Park. Visit Calgary.ca/yecheiring for ongoing announcements and advice on how to get prepared!

Next month, I look forward to continuing the conversation surrounding the repeal of blanket rezoning during Public Hearings. Many residents have shared thoughtful feedback about how growth and development affect established communities. I believe Calgarians deserve a planning process that is transparent, contextual, and responsive to local voices. I will continue advocating for meaningful engagement and practical solutions that respect neighbourhood character while planning responsibly for Calgary's future. Public Hearings are set to occur in March. For more information, visit our website at Calgary.ca/ward6.

As always, thank you for staying engaged and taking part in shaping our city.

Regards,

Councillor John Pantazopoulos

BUSINESS CLASSIFIEDS

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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, 403-269-2707.

JAKES TREE SERVICE: ISA Certified Arborist offering professional tree services in your area. Services include tree cutting and removal, tree/hedge pruning or maintenance, and stump grinding. For a free quote call or text 403-667-3878 or visit jakestreeservice.jobbersites.com.

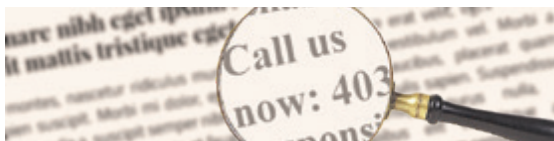
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ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and live-streamed). Mid-week service on Wednesdays at 2:00 pm. ESL conversation cafe on Tuesdays at 9:30 am. Sandwich making for Alpha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

MASTER ELECTRICIAN AND HOME HANDYMAN: Professional, certified electrical installations and home handyman repairs. Specializing in residential and commercial, as well as small renovations. Very competitive rates for insured, quality work. Give me a call for a free quote! Contact Robin at 587-664-6961 or porterrobin@msn.com.



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Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say
To change the world on Valentine's Day
The opposite of nuclear war
Where love bombs fall forevermore

Projectiles full of love's sweet glow
These arrows need a Mighty Bow
Creating new reality
Great river flows thru Calgary

The arrows launch like missiles fly
Around the world they'll fill the sky
London, Moscow, Houston, Seoul
From Mighty Bow they'll reach their goal

On city streets we'll look above
The mountains shall bring peace and love
Descending to all jaded land
From Mighty Bow and angel's hand

Yes, all is fair in love and war
A cherub stands on rivershore
Lil' Cupid has a plan they say
To change the world on Valentine's Day



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