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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

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	Chelsea Davidson communications@chph.ca
Community Liaison	Vacant admin@chph.ca
Events Director	Ana Tanase 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	Nathaniel Sterzik sponsorship@chph.ca
Rink / Hub Director	Vacant
Programming Director	Xu Liu

City of Calgary Updates

City of Calgary Roadway Activities Map

Did you know there is a map on maps.calgary.ca showing roadway capital work projects across the city? This includes projects currently under way, scheduled for the near future and tentatively scheduled for next year.

Food Access Webpage

<https://www.calgary.ca/social-services/low-income/access-to-food.html>.

Water Efficiency

As part of Calgary's new Water Efficiency Plan year-round rules about outdoor water use are now in effect. These new rules will help:

- Spread water use evenly across the week to manage peak day demand for water.
- Reduce pressure on our water system during hot weather.
- Encourage watering when less water is lost to evaporation.
- Protect our water infrastructure capacity to help keep costs down.
- Supports a reliable water supply for our growing city on two small rivers.
- Reduce the likelihood of water restrictions to manage peak demand in the future.

The new restrictions do not include:

- Hand watering lawns and gardens.
- Washing windows, decks, fences, or siding.
- Filling pools, hot tubs, and fountains.
- Watering new trees, shrubs, sod, and seeds.



Is it time to renew your membership?



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

Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.



Cats, Canines, & Critters of Calgary



Casper,
Huntington Hills



Chase,
Wolf Willow



Echo,
Acadia



Geo,
Signal Hill



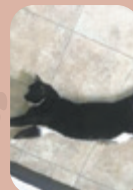
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Oreo,
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Community Resources

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
- 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
- Scarborough

- 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

TOUR DE FRANCE

The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!



COMMUNITY UPDATES

We are preparing for a busy summer season of 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.

Stampede Breakfast

July 5, 9:00 to 11:00 am



CHPH and Prominence Way Retirement Centre cordially invite you to our annual Stampede Breakfast on July 5 from 9:00 to 11:00 am.

Join us for a morning of live music, face painting, a photo booth, and plenty of family-friendly fun. We encourage attendees to bring a donation for the Veterans Food Bank and help us "Stuff the Bus" in support of local veterans.

Save the Date: Fitset Ninja and Aviation Artifacts Day

July 25

Mark your calendars for an exciting community event on July 25 at Coach Hill Fields, located at 6840 Coach Hill Road SW.

Enjoy a day featuring Fitset Ninja activities and Aviation Artifacts. Additional event details will be announced soon, so please visit our website at www.chph.ca for updates.

Farmstand Fridays Return for Their Seventh Season

Farmstand Fridays are back by popular demand!

We are thrilled to welcome Shirley's Greenhouses back for their seventh year of providing fresh, locally grown produce as part of the Calgary Eats Program. Stop by the produce stand located in Patterson Park, just off Patterson Boulevard SW, and support local agriculture while enjoying fresh seasonal fruits and vegetables.

The farmstand will be open every Friday from 3:00 to 7:00 pm throughout the summer, continuing every Friday until October 7.

Community Hub Construction Begins This August

We are excited to announce that construction of the Community Hub is scheduled to begin this August.

After years of planning and collaboration, we have finally crossed the t's and dotted the i's. The project has entered the technical review stage and is on track to be built this year.

A heartfelt thank you goes to the West Springs Cougar Ridge Community Association for helping us reach this milestone with an incredible donation of nearly \$100,000. Their generosity has played a vital role in bringing this important community project across the finish line.

We look forward to sharing construction updates and celebrating the Hub's progress with the community in the months ahead.

Treasurer Opportunity

The Board is seeking a Treasurer for next year!

Are you looking for a meaningful way to give back to your community? We are looking for a volunteer who is interested in learning the role alongside our dedicated Treasurer over the coming year before she steps down.

This is a great opportunity to gain valuable experience, support local community initiatives, and help make a positive impact. Training and mentorship will be provided to ensure a smooth transition.

We would also like to give a generous welcome to our new Communications Director, Chelsea Davidson, and our new Programs Director, Xu Liu.

Movie in the Park

We are thrilled to announce our Seventh Annual Movie in the Park, taking place on September 5!

Now comes the fun part. We need your help choosing the movie. We are currently accepting movie suggestions from the community. Please note that, due to licensing restrictions, we are unable to screen Disney films.

If you have a great movie idea, we'd love to hear from you! Submit your suggestions to events@chph.ca.

Stay tuned for more event details at www.chph.ca We look forward to another fantastic evening under the stars!



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GAMES & PUZZLES

Yahoo!

1. The first organized rodeo in Canada took place in this town, south of Lethbridge, on Canada Day in 1902.
2. The Calgary Stampede was originally funded by the "Big Four," including this owner of the historic Bar U Ranch.
3. Old Billy, an English Barge Horse, holds the equestrian longevity record, and reached this advanced age before passing in 1822.
4. This organization, founded in 1963, strives to "make a winner out of every cowboy."
5. In 2012, to celebrate the 100th anniversary of the Calgary Stampede, a 500-dollar gold coin was minted featuring this legendary bucking bronco.
6. Cowboy Trail, nestled between the Rockies and the prairies, follows along this numbered highway.

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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

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: _____

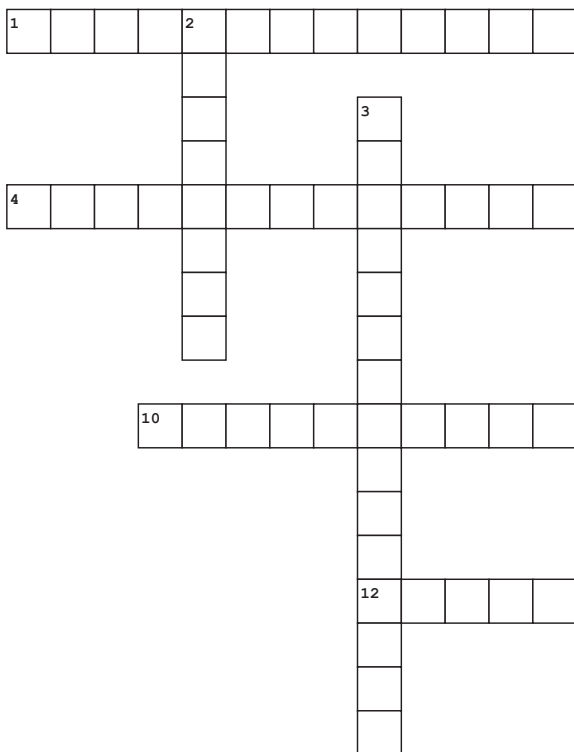
Address: _____ Postal Code: _____

Phone Number: _____ Email: _____

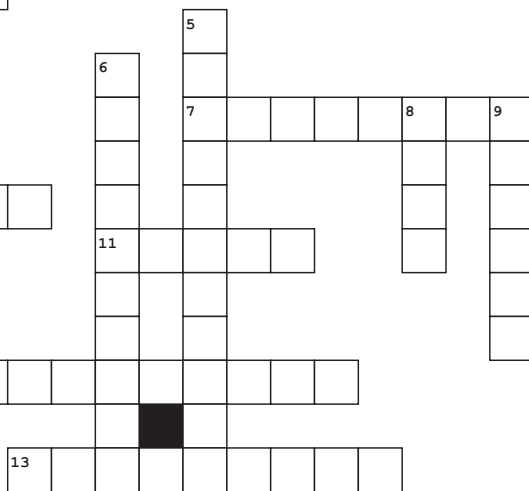
Are you interested in volunteering? ☐ YES ☐ NO

Date: _____ Signature: _____

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



The Half-Finished Things Taking Up More Space Than You Think

by Shayla Moulton



By July, most of us have settled into the rhythm of the year. The ambitious goals we set in January have either become habits or quietly disappeared. Summer calendars are booked up. Vacation plans are underway. Work remains busy. Life keeps moving.

On the surface, everything seems manageable.

Yet many people carry a lingering feeling that they can't quite shake. A sense that there's always something they should be doing. Something they forgot. Something waiting for their attention.

Often, the source of that feeling isn't a major problem. It's the accumulation of half-finished things.

- A passport renewal that still needs to be submitted.
- A dental appointment that hasn't been booked.
- The pile of paperwork on the kitchen counter.
- The quotes you need to get to fix the garage door.
- The email that requires a response.
- The donations that have been sitting in your trunk for months.

None of these tasks are particularly difficult. Most could be completed in a few hours. Yet they remain unfinished, quietly occupying mental space day after day.

What makes these tasks so draining is not the amount of time they require. It's the fact that our brains continue to track them. Every unfinished task becomes an open tab. We may not be actively thinking about it, but part of our attention remains attached to it.

Over time, dozens of small open tabs can create a surprising amount of mental clutter.

This is one reason so many people feel busy even when they haven't accomplished anything particularly

demanding. Their energy is being divided among countless loose ends.

I've noticed that when people feel overwhelmed, they often assume they need a vacation, a new productivity system, or a complete life overhaul. Sometimes what they actually need is far simpler.

They need to close a few open tabs. July is an ideal time to do exactly that.

The halfway point of the year offers a natural opportunity to revisit the tasks and responsibilities that have been quietly following us for months. Not everything needs immediate attention, but most of us can identify a handful of lingering items that would bring an immediate sense of relief if they were finally completed.

A useful place to start is with appointments. Health checkups, vehicle maintenance, home services, and routine administrative tasks are often postponed because they feel inconvenient to schedule. Yet once they are booked, the mental burden often disappears.

The second area is paperwork. Forms, renewals, applications, and documents have a way of accumulating until they feel far more intimidating than they actually are.

Third, consider household projects. Not the major renovations, but the small repairs and organizational tasks that repeatedly catch your attention every time you walk past them.

Next, look at financial loose ends. Unused subscriptions, unanswered insurance questions, budget reviews, or savings goals that haven't been revisited since the start of the year.

Finally, take inventory of the decisions you've been avoiding. Some unfinished tasks are not tasks at all. They are decisions waiting to be made. The longer they remain unresolved, the more energy they consume.

The purpose of a mid-year reset isn't to become more productive. It's to create more breathing room.

Sometimes the biggest improvement we can make is not adding something new to our lives. It's finally completing the things that have been quietly following us around for months.

As the second half of the year begins, that may be the most valuable fresh start of all!

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.



MP Calgary Signal Hill
David GL McKenzie, KC, MP
 8561 8A Ave SW
 Calgary, AB T3H 0V5
 ☎ 403-695-0570
 ✉ david.mckenzie@parl.gc.ca

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.

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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.

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by Garth Paul Ukrainetz

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Stack them high for all to see

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Smoother them with maple syrup
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- ✓ Improve cash flow
- ✓ Save thousands over time

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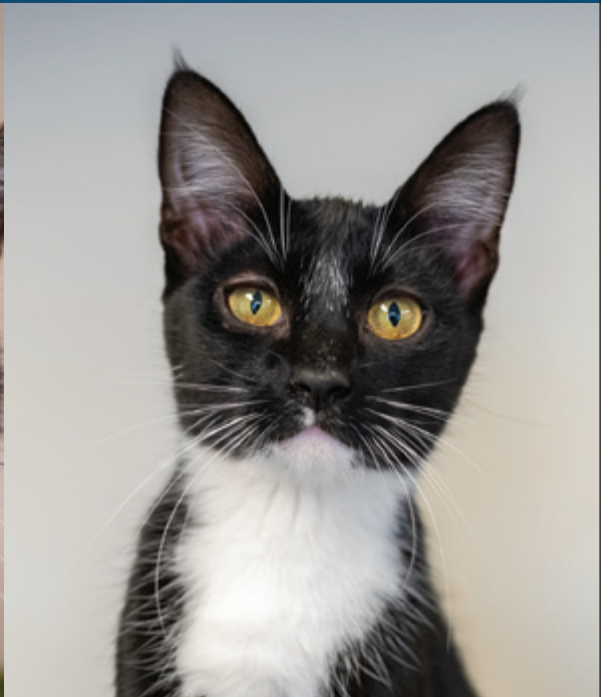


MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

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*Terms and Conditions apply.

COACH HILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	26	18	11	\$529,900	\$535,000
April	26	13	12	\$532,450	\$509,250
March	26	11	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
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

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
May	26	14	8	\$515,000	\$506,500
April	26	16	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
October	25	9	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

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