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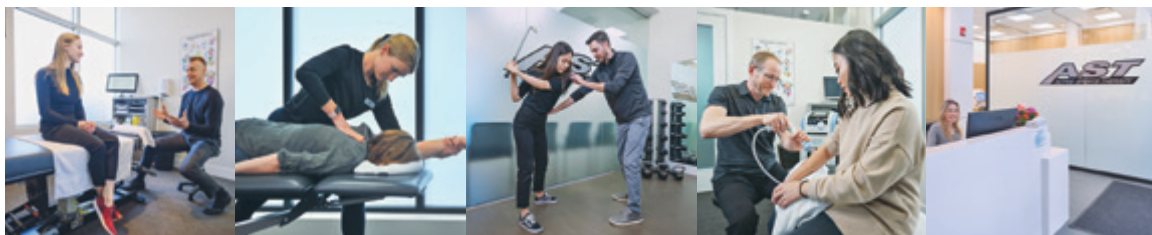
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New Patients Welcome

PRESIDENT'S MESSAGE

Hello again Copperfield!

Thank you to all that attended our Stampede in the Park 2025! Because of all of you, it was another amazing experience! I really enjoyed getting to talk to as many of you as I could and hope to continue to get to chat with as many of you as possible at these events, or just as you see me in the community. We also just had our Movie in the Park, and it was great to see you there as well.

If you ever wonder how we are able to provide these great events, it's because of people like you who volunteer their time to make them happen. We are always looking for people who would like to help make these events as successful as possible.

If you have any questions or would like to learn how you can volunteer either for events, or other ways to help our community, please send me an email at president@mycopperfield.ca. Our volunteers are amazing individuals, and we could not do any of this without them!

Important links:

Facebook - facebook.com/cmcommunity.ca

Website - www.mycopperfield.ca

Thank you.

Jason Fiander



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Thanks to our sponsors, volunteers, and attendees for making Copperfield Stampede in the Park 2025 a huge success! See you next year?



Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to "cheer us up" or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.

What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to "fix" it. Simple statements like "I'm here," "That sounds really hard," or "You're not alone" go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, "Can I drop off dinner?" or "Would a short visit work today?" rather than, "Let me know if you need anything." The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

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Volunteers Needed

We have vacant positions on our board just waiting for someone like you to step in! Please email if you are interested in more information. In addition to the vacant positions, we are also always looking for volunteers to help with events and planning.

Vacant Positions

- Events Coordinator
- Facilities
- Planning and Development



Contact: president@mycopperfield.ca

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Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ½ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



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March	25	47	31	\$564,900	\$562,500
February	25	35	22	\$472,450	\$467,000
January	25	21	17	\$425,000	\$420,000
December	24	8	14	\$452,450	\$446,700
November	24	13	25	\$429,900	\$428,700
October	24	35	26	\$472,450	\$455,500
September	24	25	30	\$477,450	\$466,250
August	24	37	32	\$439,950	\$444,950
July	24	37	32	\$521,450	\$518,750

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

3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. "Use the app when you notice issues and encourage your neighbours and friends to do the same," says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



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Mail-In Ballots for Calgary's 2025 General Election Available by Request

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can now request a special (mail-in) ballot if they are unable to go to a voting station during the Advance Vote or on Election Day. Voters must meet eligibility requirements to receive a mail-in ballot.

Visit Elections Calgary or call 403-476-4100 to request a mail-in package. The last day to request a mail-in ballot to be mailed to you is October 3, 2025. Requests after this date will need to be picked up in person at the Elections Calgary office.

Information about Calgary's upcoming General Election, including mail-in ballots and voter eligibility can be found at www.electionscalgary.ca.

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- Junk Kings accepting cardboard, mattresses, and tires
- Quantum Lifecycle accepting electronics and batteries
- Recon Metal accepting all metal for recycling
- Flames Sports Bank accepting gently used sports equipment
- Cerebral Palsy Association accepting kids books/games, small household and kitchen items, clothing, and bottle/can donations

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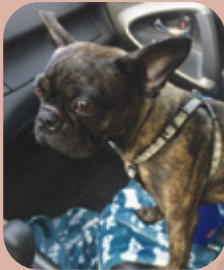
September 6th, 2025



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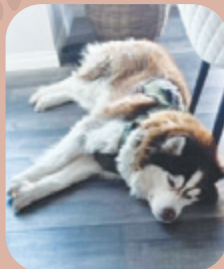
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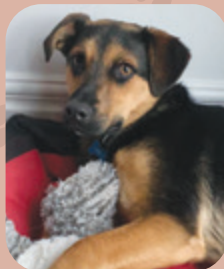
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WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.

They galumphed around the living room looking for Sara's phone.





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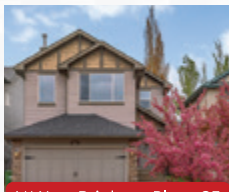
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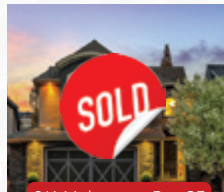
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