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Meet Your Community Association

President: **Jason Flander** president@mycopperfield.ca

Vice President: **Jason London** vicepresident@mycopperfield.ca

Treasurer: **Jeannie Stace-Smith** treasurer@mycopperfield.ca

Secretary: **Regan Forsyth** secretary@mycopperfield.ca

Link Coordinator: **Matt Wright** copperfieldrink@gmail.com

Rentals, Programming, Memberships: **Maggie Hampton** info@mycopperfield.ca

Communications Coordinator: **Allison Nette** newsletter@mycopperfield.ca

Sponsorships: **Karl Pukin** sponsorships@mycopperfield.ca

Neighborhood Watch: **Leigh Pukin** neighborhoodwatch@mycopperfield.ca

Members at Large: **Hayley Bell, Dennis Agbegha, Justin Huseby, Paula Lanh**



The Copperfield Community Association is an organization formed to: manage and direct recreational activities, act as a liaison with all levels of government, and develop and maintain community facilities and amenities.

Meetings occur the third Thursday of every month excluding July and December. Feel free to stop in and see what is happening!

Memberships

Copperfield memberships cost \$30/year and can be purchased online or in-person.



Having a membership helps support our community and also gives you access to our members-only groups and events! Stay tuned to our Facebook page for updates on these events and more!

Seniors Group- every Wednesday 11-1
Mom & Tot- 3rd Tuesday of each month 10-12
Book Club- 2nd Thursday of each month 6-7
Adult Game Night- last Thursday of each month 6-8

BRAIN GAMES

SUDOKU

6								
				1		6		
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		2					7	8
	9						5	
	3		4	5		9		
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EVENT FOR DETAILS**



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

PRESIDENT'S MESSAGE

Hello again Copperfield!

The snow is melting (or is already melted by the time this newsletter comes out) and summer is just around the corner! We are deep in planning our Stampede in the Park on July 4, with some exciting partnerships we can't wait to tell you about! All we can say for now is hold on to your hats cowfolks, cause it's going to be a stamping good time! Please make sure to follow our Facebook page and website to stay on top of what is happening in and around the community.

With this nice weather, please make sure to enjoy as much of it as you can. Maybe take the opportunity to meet some of your neighbours and build up a community network of some of the best people you could ever meet. Copperfield is full of wonderful people who look out for each other, and I am so proud to be part of this community!

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!

Facebook: <https://www.facebook.com/cmcommunity.ca>

Website: www.mycopperfield.ca

Thank you,

Jason Fiander



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		Listed	Sold	Listed	Sold
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February	25	40	22	\$472,450	\$467,000
January	25	23	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
June	24	34	29	\$449,000	\$459,500
May	24	42	36	\$449,950	\$470,500
April	24	28	42	\$542,400	\$557,700

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

Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.




5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



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Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: 4 to 6

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

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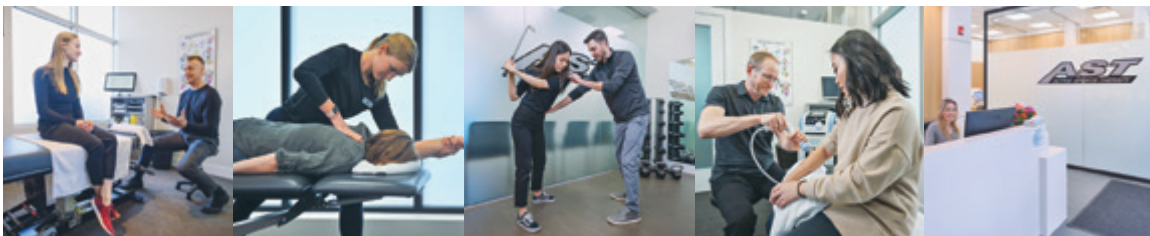


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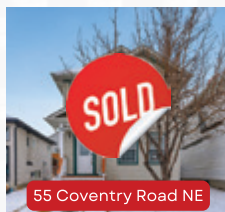
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