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MAHOAGANY



COPPERFIELD



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COMMUNITY ASSOCIATION INFORMATION

- www.facebook.com/cmcommunity.ca
- www.cmcommunity.ca
- 6 Copperstone Way SE, Calgary, AB, T2Z 0E7

We can be reached by phone at 403-532-8864
or by email at info@cmcommunity.ca
Hall Hours: By appointment only

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The Copperfield Mahogany Community Association (CMCA) is an organization formed by the residents of both Copperfield and Mahogany:

- To manage and direct its social and recreational activities.
- To act as a liaison with all levels of government, especially civic matters like planning and development.
- To plan, develop and maintain community facilities and amenities.



Copperfield-Mahogany Community Association Memberships

Community associations are run by residents in our neighbourhoods, they bring us together as friends, they are a voice for our community, and they offer many exciting opportunities right here:

- Hockey/Skating
- Youth Programs
- Community-wide events like Stampede, Picnic in the Park, and Movie in the Park
- Committee work (planning and development, special events, safety, etc.)

CMCA Members Can Register for Programs at the Mahogany HOA!

Did you know that anybody can register for programs at the Mahogany HOA?

They have a wonderful indoor facility with a banquet hall, studios, and even a gymnasium that hosts youth and adult programs. You can check out their programs at <http://www.mahoganyhoa.com>.

The best part is that CMCA members can register at a discounted rate, compared to the general public. This is to thank members for their commitment to both of our communities. Getting your CMCA membership is quick and easy – just go to <https://cmcommunity.ca/memberships/>!

Once you have your CMCA membership, kindly reach out to the Mahogany HOA team at 403-453-1221 and they can assist you in setting up your profile and registering you at the discounted rate. If you have any questions, reach out to programs@mahoganyhoa.com.

Other Benefits Include:

- Discounted rates to most programs that operate through the Copperfield Community Hall and many at the Mahogany Beach Club.
- Discounted rates on Copperfield Community Hall rentals.
- We are building a directory of businesses in the area that will offer discounts to you by showing your membership card! (Please contact us to become involved in this program).
- And so much more!

Community Associations are dedicated to making sure our communities are a great place to live, work, and play. Purchasing a Community Association membership is a great way to get involved and show your support for the many ways our neighbours work to ensure you love where you live.

Memberships are valid for one year from the date of purchase, allowing you to purchase one at any time of year. You can set up an online account for your family at www.cmcommunity.ca and use this to purchase and renew memberships, as well as register for programs held at the Copperfield Community Hall! Memberships are good for up to two adults per household and their children up to 17 years of age. Membership is a voluntary \$30 per household, per year and is not included in the mandatory Mahogany Homeowners Association fee. A CMCA Membership does not grant access to the lake in Mahogany. You also get a vote at the yearly AGM (October/November) and it entitles you to hold a position on the Board of Directors.

Show support for your community and purchase your membership today!



The Copperfield-Mahogany Community Association (CMCA) meets monthly on the third Thursday of every month at 7:00 pm (except July and December), and residents are welcome to join us as a visitor and find out what is happening in your communities first hand! You are also welcome to join the Board, as certain roles are still open.



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please email fundraising@cmcommunity.ca

SOMETHING REALLY BIG IS COMING...

Is your business looking for a way to connect
with the **18,000 residents** in Copperfield and
Mahogany?

Are you interested in **partnering with our
joint community association** at an
upcoming event?

We have various opportunities available to
help you reach a new audience, while
helping us provide family-friendly fun for our
residents to enjoy.

**SPONSORSHIP
OPPORTUNITIES AVAILABLE!**

Copperfield Outdoor Rinks

We'd like to welcome Matt Wright as our new rink coordinator this year! Thank you for taking this on, Matt!

New This Winter!

Family Fun Skate

Every Sunday from 9:00 am to 12:00 pm, the boarded hockey rink will be available for families to use. Hockey will not be allowed during this time. This is a perfect opportunity for everyone to enjoy the rink, regardless of their ability.

The hockey rink and tot rink are located at the Copperfield Community Hall at 6 Copperstone Way. They are free for everyone to use and are very popular among residents of Copperfield.

Helmets are recommended. Skates and helmets are not provided.

Hours

The rinks are open from 6:00 am to 10:00 pm, unless otherwise posted on the Copperfield Rink Facebook page (<https://www.facebook.com/groups/513299462824536>). If the lights are off, the rink volunteers are performing maintenance.

Maintenance

Our amazing group of rink volunteers take care of our rinks on top of their jobs and their family life. Maintenance generally occurs after 8:00 pm. Flooding can only occur between -5 and -20 degrees. If it is too cold or too warm, please be patient. We promise the volunteers will get back out there as soon as possible! If you see these folks out working, please give them a wave and a thank-you for their time.

Once the weather is consistently below -5°C, our volunteers will start flooding for this season. In recent years, this has been in December, however, we are completely at the mercy of the weather so please bear with us. We will announce on our Facebook page when the rinks are ready for use.

Volunteering

Our rinks would not operate without the contribution of local residents! If you are interested in helping out at the rink this season, please contact copperfieldrink@gmail.com. Also join the Copperfield Rink facebook group to stay up to date on volunteer needs or the rink schedule.

Rink Rules

- Use of facilities and parking lot is at your own risk
- Keep service doors at parking lot end closed
- Alcohol and cannabis are not permitted on the premises
- Lights on = skates on
- Lights off = stay off
- Please be respectful of other skaters and of the ice rinks
- No hockey on the tot rink

*Please note, these rinks are for community use and are not intended for league use or practices.



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- Eating Well When Fatigued (*Demo*)
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- Low Sodium: Tasty Tips & Tricks (*Demo*)

For class & registration info, visit:
www.ahs.ca/shcwellness
or email wellness.shc@ahs.ca



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**COMMUNITY
Cleanup
Day**

02 09 23

9 am to 2 pm
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TODAY**

EVENTS COORDINATOR

Board position requiring a current CMCA membership. Must be able to attend monthly board meetings on the 3rd Thursday of every month. The Events Coordinator will organize fun, family-friendly events for the residents of our communities and recruit volunteers to help plan and run these events. A full description of the role is available at:

<https://cmcommunity.ca/blog/join-our-team-events/>

FACILITY MANAGEMENT ADVISOR

Non-Board member volunteer needed to assist the Executive Committee with

- a facility budget
- creating a maintenance plan and schedule of annual maintenance tasks
- sourcing vendors for contract work

This role would be short term, with assistance provided in person or over email. An initial site visit would be needed to determine maintenance requirements.

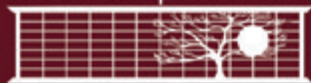
SECRETARY

Executive Board position requiring a current CMCA membership. Must be able to attend monthly board meetings on the 3rd Thursday of every month and other Board/Executive meetings as required. The secretary is responsible for recording the minutes of meetings, and ensuring their accuracy and availability. A full description of the role is available at:

<https://cmcommunity.ca/blog/join-our-team-secretary/>

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Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

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2023 EVENTS AND WORKSHOPS

We're thrilled to announce that we'll be hosting a year-long series of free events and workshops focused on promoting sustainability in our daily lives. We believe that small changes in our daily habits can have a huge impact on our planet, and we're here to provide you with the tools and knowledge to make those changes happen. Join us on this journey towards a more sustainable future and discover new ways to live a greener lifestyle. Don't miss out on this amazing opportunity to connect with like-minded individuals and learn new ways to protect our planet.

Venue: Copperfield & Mahogany Community Hall

23

APRIL

Earth Day Litter Pickup

Embark on an adventure to Copperfield or Mahogany and gear up with a litter pickup kit! Gather your loved ones and journey out to make a difference by clearing our planet of trash. Once your mission is accomplished, simply leave the full bags at a predetermined spot for pickup. Let's party in honour of Mother Earth and revel in the joy of transforming our community into a spotless paradise!

29

APRIL

Solar Panel Information Session with Solar YYC

Get ready to dive into a mind-blowing workshop at Copperfield Community Hall! Discover the ins and outs of installing solar panels on your humble abode, including the perks and expenses involved. Immerse yourself in the world of sustainability and leave feeling empowered to make a difference in your household. This is your chance to turn your dwelling into a green oasis and join the ranks of eco-conscious warriors!

2

SEPT

Community Cleanup

Don't miss out on this incredible, no-cost chance to say goodbye to all that extra clutter clogging up your home! We'll team up with local organizations and businesses to rescue as much waste as we can from the dreaded landfill. The goal is to take in LESS than last year's haul of 9200kg. Stay tuned to our Facebook page for all the event details, including a list of accepted and forbidden items. Get pumped and get ready to kiss your junk goodbye!

More events will be added soon. Follow us on Facebook for more information and tips to create a cleaner, healthier, and more sustainable world for generations to come!

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



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Wellness Exchange – Free Online Workshops for You!

Alberta Health Services continues to provide free virtual wellness workshops available to all Albertans.

Wellness Exchange is a series of skill-building workshops designed to help increase a person's ability to cope with change, build resilience, and improve their overall wellbeing. Topics include problem-solving, positive activities, managing reactions, helpful thinking, and healthy connections.

"Wellness Exchange" is a free online class with five topics related to wellness – one topic per week.

Where: Online (via smartphone, tablet, or computer)

When: Thursdays, 1:30 to 3:00 pm from April 13 to May 11, 2023

Who: Adults interested in learning skills to cope with change and deal with stress

Registration: Register for any or all topics of interest

Week 1: Problem-Solving

It's important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, influence what we can, and increase our confidence in the decisions that we make.

Week 2: Positive Activities

Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

Week 3: Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our wellbeing, maintain our healthy connections, make effective decisions, and respond in healthy ways.

Week 4: Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful thinking to more helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Week 5: Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

You can register for the courses via this link: <https://www.albertahealthservices.ca/assets/news/psa/ne-psa-amh-wellness-online-courses.pdf> or email your request to AHSWellnessExchange@ahs.ca.





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27 Ways to Say No

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



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

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GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
FOR THE ANSWERS!**



Joke of the Month

I asked the gym instructor, "Can you teach me to do the splits?"

"How flexible are you?" she asked.

I said, "I can't make Tuesdays."



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At-Risk for Mental Illness Research Program

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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



MAHOGANY

HOMEOWNERS ASSOCIATION

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website: www.mahoganyhoa.com

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 Hours of Operation: 9:00 am to 10:00 pm daily

CONTACTS

General Manager	Sally Lockhart	gm@mahoganyhoa.com
Facilities Manager	Vicky Winder	fm@mahoganyhoa.com
Program and Event Manager	Amy Cornett	pem@mahoganyhoa.com
Office Manager	Urszula Sargeant	om@mahoganyhoa.com
Indoor Bookings	Amy Cornett	bookings@mahoganyhoa.com
Programs	Connor Luitwieler	programs@mahoganyhoa.com
General Inquiries		reception@mahoganyhoa.com
Volunteer Opportunities		info@mahoganyhoa.com

All residents age 12+ must have their membership card/credential to access the Mahogany Beach Club and parks.

Stop by the MBC to have your picture taken and get your card/credential today! Please bring your "Certificate of Title" and photo ID showing proof of residency. Tenants must bring in their lease agreements.

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2023

SPRING PROGRAM GUIDE



MAHOGANY

HOMEOWNERS
ASSOCIATION

2023 SUMMER CAMPS

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With access to the lake and beaches, gymnasium, multiple rooms, outdoor fields, and wetlands, our campers will enjoy endless possibilities. We are also planning field trips/excursions this year, so stay tuned on our social media and newsletter for more announcements.

Week & Theme	Start Date	End Date	Days	Price		
				R	CMCA	NR
Week 1: True North	July 4	July 7	4	\$255.00	\$265.00	\$275.00
Week 2: Up & Atom	July 10	July 14	5	\$315.00	\$330.00	\$345.00
Week 3: When We Grow Up	July 17	July 21	5	\$315.00	\$330.00	\$345.00
Week 4: Lost in Time	July 24	July 28	5	\$315.00	\$330.00	\$345.00
Week 5: The Mahogany Games	July 31	August 4	5	\$315.00	\$330.00	\$345.00
Week 6: Expedition Earth	August 8	August 11	4	\$255.00	\$265.00	\$275.00
Week 7: Globetrotters	August 14	August 18	5	\$315.00	\$330.00	\$345.00
Week 8: Colour the World	August 21	August 25	5	\$315.00	\$330.00	\$345.00
Week 9: Once Upon a Summer	August 28	September 1	5	\$315.00	\$330.00	\$345.00
	August 28	August 30	3	\$190.00	\$200.00	\$210.00



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	36	14	\$549,900	\$550,000
January	23	28	26	\$604,944	\$588,450
December	22	15	21	\$624,900	\$614,900
November	22	27	32	\$591,650	\$581,720
October	22	29	30	\$637,650	\$621,840
September	22	33	24	\$607,400	\$597,264
August	22	36	39	\$599,900	\$590,000
July	22	54	42	\$642,450	\$625,000
June	22	51	34	\$589,000	\$586,500
May	22	46	54	\$612,400	\$617,450
April	22	56	46	\$572,400	\$579,000
March	22	87	93	\$560,000	\$570,000

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

COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	18	15	\$349,999	\$350,100
January	23	16	14	\$355,000	\$353,000
December	22	9	12	\$374,400	\$365,200
November	22	14	22	\$374,900	\$372,950
October	22	18	31	\$474,900	\$457,500
September	22	27	36	\$355,000	\$352,500
August	22	37	21	\$364,900	\$360,000
July	22	36	44	\$377,400	\$372,000
June	22	56	53	\$374,900	\$375,000
May	22	64	64	\$372,450	\$380,500
April	22	73	53	\$360,000	\$375,000
March	22	67	77	\$364,900	\$380,000

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