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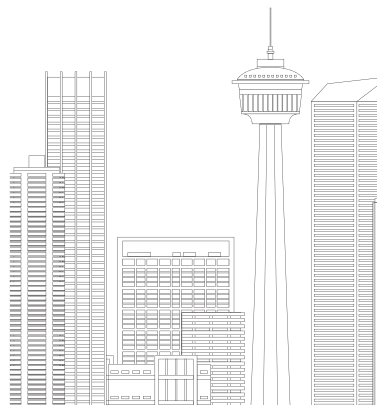


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# COMMUNITY ASSOCIATION CONTACTS

www.cmcommunity.ca • Facebook: www.facebook.com/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](mailto:info@cmcommunity.ca). Hall Hours: By appointment only

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The Copperfield Mahogany Community Association 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.

## CMCA 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.)

**WINS**  
WOMEN IN NEED SOCIETY

## WE NEED YOUR DONATIONS PLEASE!

We are in need of gently used furniture, clothing, and household items.

Please visit [winsyyc.ca](http://winsyyc.ca) for stores and donation centre locations.



### 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](http://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!

## Event Planning Volunteers

Planning is underway for Copperfield-Mahogany Community Association events for the next year! If you are interested in helping plan and organize events, and bringing your ideas to the table, please reach out to [events@cmcommunity.ca](mailto:events@cmcommunity.ca)!



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.



## 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](mailto:programs@mahoganyhoa.com).



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# 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](mailto: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.



## Photography Classes

Back by popular demand, we are excited to announce two new classes, facilitated by Devon McCutchin.

Digital cameras only, equipment must be provided by participant (camera, lens, memory card, and charged battery).

### Digital Photography for Teens - Level 2

In this 6-week class, we will expand on the basics of digital photography!

Open to teens aged 12 to 17 years

February 21 to March 28

Tuesday from 7:30 to 8:30 pm

\$75 per student for CMCA members

\$85 per student for non-members

Week 1 - February 21: Introduction

Week 2 - February 28: Medium Level Exposure Rules/Control

Week 3 - March 7: Composition

Week 4 - March 14: Manual Mode and Settings

Week 5 - March 21: Manual Mode and How to Use

Week 6 - March 28: Show and Tell

### Adults Introduction to Digital Photography

In this 6-week class, we will learn the basics of photography and complete some great photography projects!

February 23 to March 30

Thursday from 7:30 to 8:30 pm

\$105 per student for CMCA members

\$120 per student for non-members

Week 1 - February 23: Introduction

Week 2 - March 2: Camera Types/Functions/Modes

Week 3 - March 9: Exposure Rules

Week 4 - March 16: Composition

Week 5 - March 23: Show and Tell

Week 6 - March 30: Portraits/Landscapes

Register at <https://cmcommunity.ca/current-programs/>.



## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



## BRAIN GAMES

## SUDOKU

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FIND SOLUTION ON PAGE 29

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# There's More in Mahogany!

## MAHOGANY | HOMEOWNERS ASSOCIATION

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website: [www.mahoganyhoa.com](http://www.mahoganyhoa.com)

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Fax: 403-474-1202 [f https://www.facebook.com/mahoganyhoa](https://www.facebook.com/mahoganyhoa)  
[t https://twitter.com/mahoganyhoa](https://twitter.com/mahoganyhoa)  
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
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.

## MAHOGANY | HOMEOWNERS ASSOCIATION

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Bright Stars Preschool, with locations in the Mahogany Beach Club and Copperfield Community Hall.

We provide preschool children with a joyful, playful, and well-rounded program so they can develop socially, emotionally, physically, mentally, and academically preparing them for Kindergarten.

Registrations are still being accepted!

Visit [www.brightstarspreschool.ca](http://www.brightstarspreschool.ca) or email [kailiparkinson@gmail.com](mailto:kailiparkinson@gmail.com) to learn how to get your little one registered.



# 2023

## SPRING PROGRAM GUIDE



MAHOGANY | HOMEOWNERS  
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## Decluttering? Tips for Selling Your Used Items Online

*From the Better Business Bureau*

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

### How to Stay Safe When Making Online Sales

#### Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

#### Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

#### Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

#### Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

#### Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

# Understand These Three Rules of the Mind to Change Any Habit in 2023

by Lynn C. Cox



How many of us want to make some changes in 2023? Perhaps you want to stop that habit of procrastinating, shed excess weight, start a new wellness program, get better sleep, or kick an unhealthy habit to the curb? How often have you tried to make one of these changes in the past and stopped short of your goals because something in you turns you in the other direction?

Sometimes it feels like we're in a battle of the wills with our own minds.

Conventional wisdom would have us believe that our minds are extraordinarily complicated and the process of understanding it, changing it, and managing it is close to impossible.

In the recent decade, there has been more research into, curiosity around, and mainstream adoption of neuroscience, Rapid Transformational Therapy (RTT), hypnotherapy, positive psychology, and mind body connection. What this means is people are hungry to move out of the dark ages of psychology and embrace an understanding of the mind, and practical practises to help achieve better mental, emotional, and physical health!

When it comes to long-standing habits of action, such as overeating, procrastinating, feeling stress and anxiety and being prone to negative thought loops, the first place to begin is understanding a few rules of the mind. We cannot change anything we do not understand, and these 3 Rules of the Mind will help anyone on their journey of transformation.

### 1. The Mind Does What It *Thinks* You Want It to Do:

Our number one drive as a species is survival, and how do we survive? By staying safe! Safe typically means not taking risks (even measured ones), colouring within the lines that we've always known, and avoiding rejection at all costs. The mind thinks you want it to keep you safe.

For example, if you really want to up your game in business and become a phenomenal presenter, but you're not used to this, your mind will 'keep you safe' by convincing you taking this step amounts to danger. Don't worry, there's a way around this so you can explore, try new things, and develop yourself!

### 2. The Mind Loves the Familiar and is Repelled by the Unfamiliar

Along with point one, the mind is quite comfortable having the same old, same old. How many times have you heard stories about couples who are unhappy together because their habits have become boring. Or think about a two-year-old who always wants to wear the same outfit, have the same toy, and eat the same thing for breakfast.

Way, way back when we were hunters and gatherers, the familiar kept us safe and alive. We knew what was poisonous and what wasn't, so we would stick to the safe and familiar. This love of the familiar is deeply wired into our primitive brains. But it can hold us back when we want to make changes in our life. Don't worry, you can retrain your mind to love the unfamiliar!

### 3. The Mind Responds to Two Things: Words and Pictures

The way our mind processes information is with words and pictures. The good news is the words create the pictures! Just try this exercise; sit in a room with a pen and paper and for five minutes, just write down all that chatter going on in your mind. You'll notice that thoughts, words, and pictures are repetitive.

You can actively choose what words you want to put in there and create compelling pictures to excite your mind and start to change. Do you want to take on healthier habits and shed weight for example? You can repeat words to yourself in many ways. Make a recording with the change you want to see and listen to it. Stop your habitual thoughts and plant the new words in there. Put them on your screensaver or write on your mirror.

Our minds are quite simple, and once you understand the mechanics, you are empowered to become the master of your mind and your life!



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IN CALGARY



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## An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling \_\_\_\_."
26. Complete this sentence: "I wish I had someone with whom I could share \_\_\_\_."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



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### Self-Care O'Clock

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

**Eat:** Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

**Make Space:** Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

**Heart Health:** Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

**Connect:** Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

**Unplug:** Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!



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## Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

### Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

### Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

### Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

### Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
  - Repeat ideas to help kids learn.
  - Pause and ask kids to join in.
  - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.

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### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

#### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

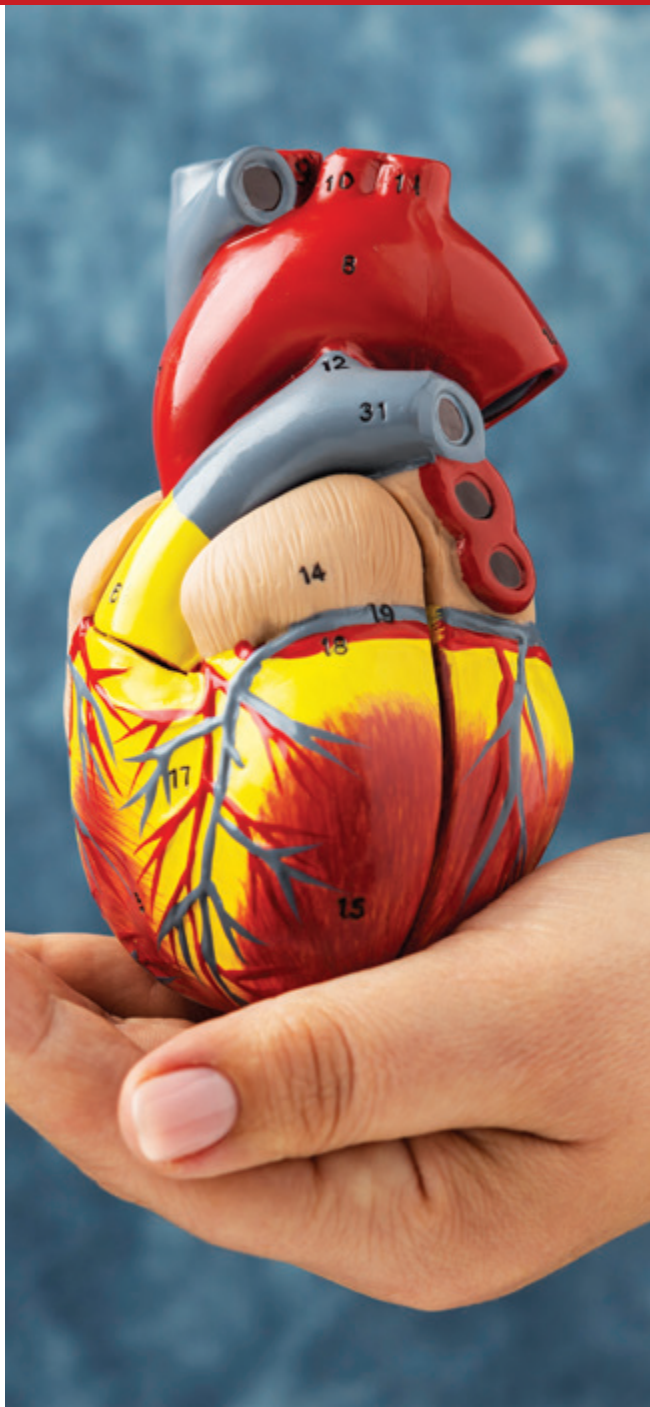
#### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

#### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 22	16	21	\$624,900	\$614,900
November 22	28	32	\$591,650	\$581,720
October 22	29	30	\$637,650	\$621,840
September 22	34	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
February 22	68	62	\$622,400	\$645,000
January 22	54	39	\$549,900	\$555,000

To view more detailed information that comprise the above  
MLS averages please visit [mah.mycalgary.com](http://mah.mycalgary.com)

## COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 22	11	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
February 22	84	65	\$399,000	\$440,000
January 22	37	29	\$402,900	\$450,000

To view more detailed information that comprise the above  
MLS averages please visit [copp.mycalgary.com](http://copp.mycalgary.com)

## Our Winter Olympic Legacy

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to *Heritage Inspires YYC*. All photos courtesy of Calgary Heritage Initiative, 2022.

You don't have to know who Hidy and Howdy are to appreciate the legacy of Calgary's 1988 XV Winter Olympic Games. Thirty-five years later, it may surprise you to know that three of the four most enduring sites are listed on our city's Inventory of Evaluated Historic Resources.

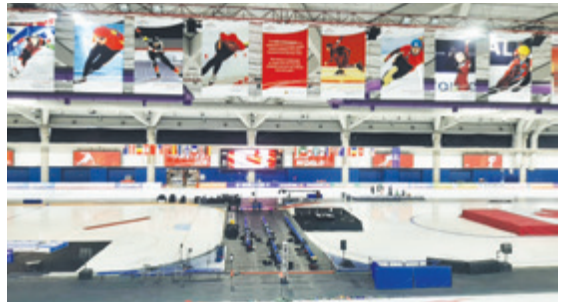
The games' motto, "Coming Together in Calgary" with the five interlocking Olympic rings, are as relevant today as they were then. Anyone growing up in the post-Olympic era will appreciate the winter recreation opportunities that these world-class facilities continue to provide – from public skating to downhill and alpine sports and, of course, spectator events like hockey.

Honouring our Olympic heritage, goes well beyond nostalgia. It demonstrates how historic properties can and should continue to adapt to be relevant and useful to future generations, while sharing stories of the community spirit that made them happen.

By the way, Hidy and Howdy, the games' first couple mascots, were named to represent the region's hospitality by a citizens' jury following a contest organized by the Calgary Zoo that attracted almost 7,000 entries. Wearing western-style outfits, sibling polar bears, a symbol of Canada's north, typified winter activity as they do not hibernate.



Calgary Olympic Plaza was the site of the Medal Presentation Ceremonies. The design included an amphitheatre surrounded on three sides by terraces with stairs, a fountain, flooding of the plaza for a reflective pool in summer and skating in winter, and a Legacy Wall for Olympic plaques. The Plaza was paved with 22,000 bricks inscribed with the names of donors to Olympic events. Today it remains a significant civic gathering place.



The Olympic Speed Skating Oval was designed in the modernist Expressionist architectural style. Constructed in 1985-87 on the University of Calgary Campus, it was the first fully enclosed facility to be built in North America. Its water purification system produces superior ice quality, resulting in over 150 world records. Today, it is the official training centre for the Canadian National Speed Skating team and Speed Skating Canada. It also has two ice hockey surfaces and indoor running tracks.



Construction of the Saddledome, the home of the Flames, began before the Olympics were awarded in 1981, adding credibility to Calgary's bid for the games. With its iconic hyperbolic paraboloid roof form, it was the principal venue for ice hockey and figure skating competitions. The building is near the end of its safe and useful lifespan and will likely be replaced with a new arena and concert venue in the near future.



Canada Olympic Park on the former Paskapoo Ski Hill, was the primary venue for ski jumping, bobsleigh, and luge. Today it has evolved into WinSport, a comprehensive recreation, elite training, competition, and event centre with arenas and summer mountain biking tracks.

## CRIME STATISTICS

### **Mahogany Crime Activity was Down in December 2022**

The Mahogany community experienced 5 crimes in December 2022, in comparison to 11 crimes the previous month, and 7 crimes in December one year ago. Mahogany experiences an average of 9.5 crimes per month. On an annual basis, Mahogany experienced a total of 114 crimes as of December 2022, which is up 23% in comparison to 93 crimes as of December 2021. To review the full Mahogany Crime report visit [maho.mycalgary.com](http://maho.mycalgary.com).

### **Copperfield Crime Activity was Unchanged in December 2022**

The Copperfield community experienced 4 crimes in December 2022, in comparison to 4 crimes the previous month, and 7 crimes in December one year ago. Copperfield experiences an average of 8.3 crimes per month. On an annual basis, Copperfield experienced a total of 99 crimes as of December 2022, which is up 6% in comparison to 93 crimes as of December 2021. To review the full Copperfield Crime report visit [copp.mycalgary.com](http://copp.mycalgary.com).

*How To Report Crime In Mahogany | Copperfield: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.*



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7	5	1	8	9	2	6	4	3
4	6	9	7	5	3	8	1	2
3	8	2	1	4	6	7	5	9
8	9	4	2	3	1	5	7	6
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