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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
March	24	51	39	\$499,800	\$552,000

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Meet Your Community Association

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

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

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

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

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

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

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

Sponsorships: **Kari 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

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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

PRESIDENT'S MESSAGE

Hello again Copperfield!

We are planning our annual Stampede in the Park celebration for July 4 and can't wait to see you all there! We will have live music, food trucks, and a petting zoo again this year. It's a great time for all and I hope to chat with you all there!

In February we launched our members' groups including Book Club, Mom and Tot Group, Seniors Group, and Adult Board Game Group. Details for these groups can be found on our Facebook page, as well as our website. We look forward to continuing to find opportunities to offer to our members.

If you have any questions or would like to learn how you can volunteer 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!

Thank you.

Jason Fiander

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Copperfield

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2025 COPPERFIELD COMMUNITY STAMPEDE EVENT SPONSORSHIP REQUEST Friday July 4th



The Stampede in the Park event has brought thousands of community members together. We want 2025 to be the biggest and best year ever, with a beer garden, live band, magician, petting zoo, and more! We can offer sponsors recognition opportunities, like booths, event-day signage, social media shout outs, etc. Your business can enjoy enhanced visibility while you support an exciting community event. Let's discuss how we can align your marketing goals with this incredible opportunity!



**TOGETHER, WE CAN MAKE THE 2025
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STAMPEDE EVENT UNFORGETTABLE!**

**CONTACT:
PRESIDENT@MYCOPPERFIELD.CA**

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.



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GAMES & PUZZLES

Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR
CODE FOR THE
ANSWERS!

Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!



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