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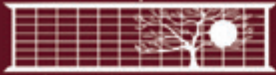
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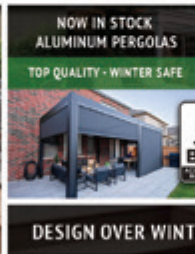
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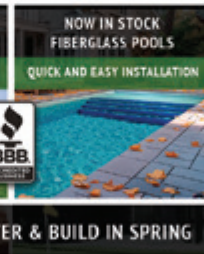


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New Patients Welcome



Community Association

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.

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

PRESIDENT'S MESSAGE

Hello there Copperfield!

I hope you're staying warm this winter. We've got some awesome news for our community this month. Mahogany has started their own community association, so for the first time ever, our community association is only for Copperfield! We'll still work together on events and planning when it makes sense to do so.

What else is new? We updated the lighting around the hall and outdoor rink late last year. It's much better lit now, so it's safer and more enjoyable to use these areas after dark. Just remember, when the lights are off at the rink, the ice isn't good for skating. Our awesome volunteers will flood and prep the rink, and they'll turn the lights back on when it's ready.

In February, we're having a Family Skate Day at the outdoor rink. Skates and helmets will be available to borrow for free during the event. We'll post more details on our Facebook page as we get closer to the date.

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!

Thank you,

Jason Fiander





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MEETINGS AND MEMBERSHIP INFORMATION

The Copperfield Community Association meets 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 the community firsthand! You are also welcome to join the board, as certain roles are still open.

Copperfield 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:

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

Other Benefits Include:

- Discounted rates to most programs that operate through the Copperfield Community Hall
- Discounted rates on Copperfield Community Hall rentals
- Members only events
- 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.mycopperfield.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. You also get a vote at the yearly AGM (October/November), and it entitles you to hold a position on the Board of Directors.

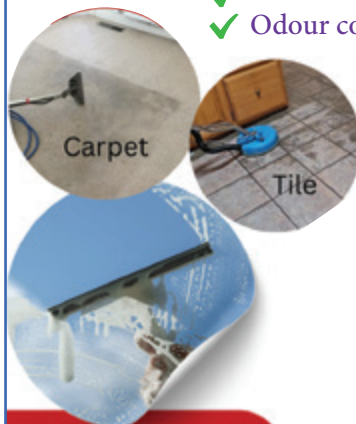
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How to Be a Great Communicator

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

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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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
February	24	28	26	\$475,450	\$474,000
January	24	20	13	\$494,900	\$518,000
December	23	10	14	\$464,450	\$443,450

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

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth

- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

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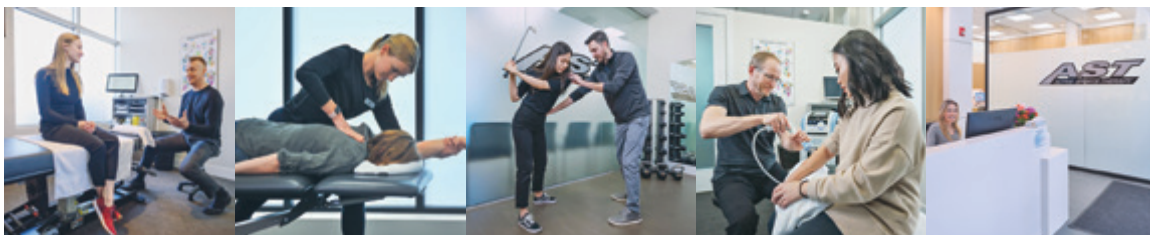
We have vacant positions on our board just waiting for someone like you to step in! Please email if you are interested in more information. In addition to the vacant positions, we are also always looking for volunteers to help with events and planning.

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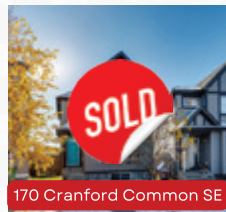
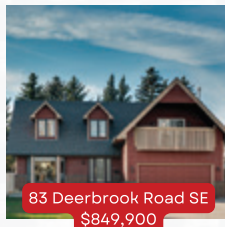
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