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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

Drink 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



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SCAN ME

PRESIDENT'S MESSAGE

Hello again Copperfield!

Normally I spend time telling you what we have coming up and what is going on around the community, but I thought I'd do something a little different this month. What I'd like to do is share what I love most about our community of Copperfield, which is, and has always been, the people!

Through my time in this community, I have met some truly incredible people and witnessed some amazing acts of kindness. Whether it's something as simple as dropping sugar to a neighbour that just couldn't get to the store, or something more involved like helping someone out that has experienced a tragedy, this community always comes together in ways that continue to amaze me every day. I ask you all to take a moment to think about what you enjoy most about Copperfield, and should you want to share any stories of the great moments you have experienced in the community, feel free to email me (email below), or stop me when you see me around the community! I will also be at our Stampede in the Park event on July 4 (shameless plug of the best Stampede event in all of Calgary, I know...), and hope to have an opportunity to talk to as many of you as possible that evening.

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!

Important links:

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

Thank you!

Jason Fiander



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EVENT FOR DETAILS**

Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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January	25	21	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

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Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!

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Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!





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

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Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."



c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."

Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

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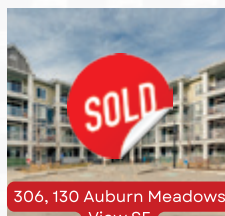
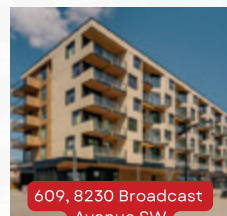
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