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New Patients Welcome

Copperfield

COMMUNITY ASSOCIATION

Meet Your New Board of Directors

We're excited to introduce the volunteers helping make Copperfield a connected and vibrant community.

Name	Position	Contact
Jason Fiander	President	president@mycopperfield.ca
Allison Nette	Vice President	vicepresident@mycopperfield.ca
Natalie Beecroft	Treasurer	treasurer@mycopperfield.ca
Regan Forsyth	Secretary	secretary@mycopperfield.ca
Kaar Harkonen	Social Media/Newsletter	newsletter@mycopperfield.ca
Pam Fleming	Facilities Coordinator	facilities@mycopperfield.ca
Stefani Assaf	Events Coordinator	events@mycopperfield.ca
Nathalia Joseph	Planning and Development	planning@mycopperfield.ca
Ofelia Escauriaga	Director at Large	
Kerry Skrapec	Director at Large	
Inderjeet Singh	Director at Large	
Richard Bejide	Director at Large	
Vacant	Volunteer Coordinator	
Vacant	Neighbourhood Watch Coordinator	

*If interested in any vacant positions, please reach out to info@mycopperfield.ca

PRESIDENT'S MESSAGE

Season's Greetings, Copperfield!

As the holiday season approaches, life can quickly become busy with shopping, celebrations, and year-end activities. In the midst of all the excitement, I encourage everyone to take a moment to slow down, enjoy the season, and make lasting memories with family, friends, and neighbours.

Looking back on the past year, I am incredibly proud of what we've accomplished together as a community. None of it would have been possible without the dedication, hard work, and passion of our amazing volunteers. Whether you helped at an event, supported a program, shared feedback, or simply participated in community activities, you played an important role in making Copperfield such a great place to live. Thank you!

As we turn our attention to 2027, we're already looking forward to bringing more opportunities for residents to connect and celebrate together. One event to keep on your radar is our Free Community Skate Event (weather permitting). We'll have complimentary skate rentals available, making it easy for everyone to join in the fun. More details will be announced in the coming weeks, so be sure to follow our Facebook page for updates.

We're always looking for new ideas, fresh perspectives, and helping hands. If you'd like to get involved, learn more about our programs, or have questions about the community, I'd love to hear from you. Feel free to reach out anytime at president@mycopperfield.ca.

Stay Connected

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

On behalf of the Copperfield Community Association, thank you for your continued support and commitment to making our community thrive. Wishing you and your loved ones a joyful holiday season, a wonderful New Year, and all the best in 2027!

Warm Regards,

Jason Fiander

President, Copperfield Community Association

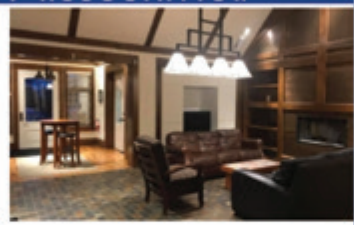




Copperfield

COMMUNITY ASSOCIATION







FACILITY RENTALS

The Copperfield Community Hall is available to renters for all sorts of events such as birthday parties, anniversaries, small weddings, baby & bridal showers, etc. The following general information will be useful in deciding if this is the place to host your event!

COPPERFIELD RENTAL INFORMATION

CMCA Members

- Main Floor: $50.00 per hour + GST
- Basement*: $55.00 per hour + GST

Non-CMCA Members

- Main Floor: $75.00 per hour + GST
- Basement*: $80.00 per hour + GST

*Please Note: The Basement does not have tables or chairs for use. This space is best suited for fitness classes or similar activities.

Scan to Request From Available Rental Times

Scan to Purchase a Membership

Rental requests to be made a minimum 10 days prior to booking. To inquire on rental times available within less than 10 days, please call (403) 532-8864 or email info@mycopperfield.ca

SCAN HERE TO VIEW ADDITIONAL COPPERFIELD CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics

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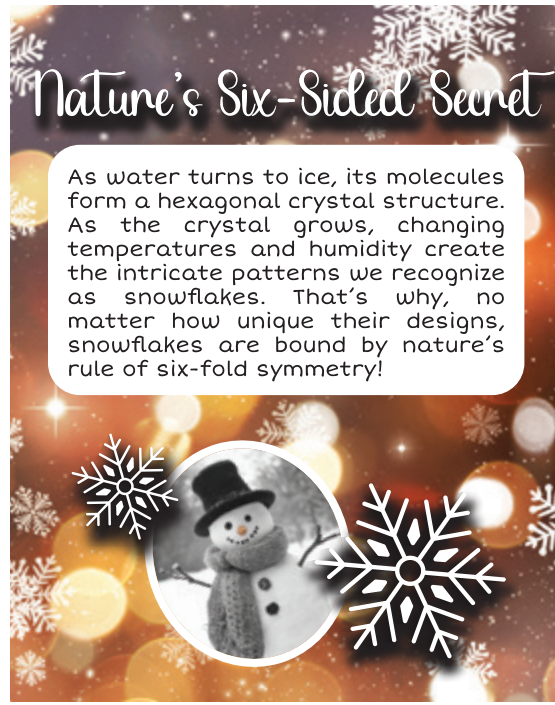



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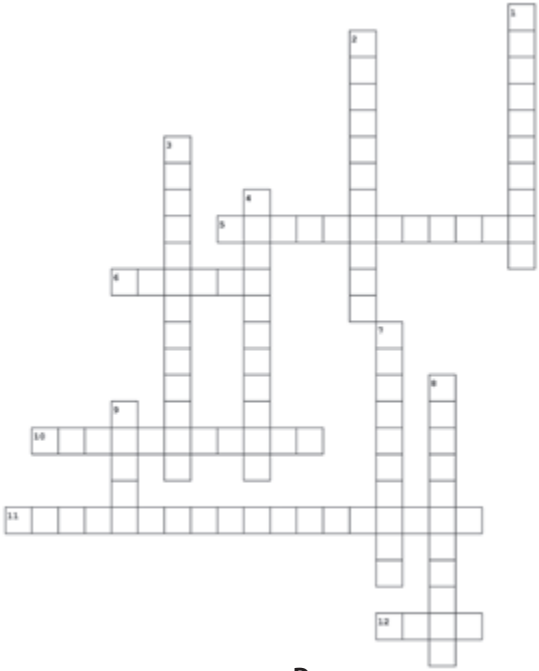
December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting
When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:
Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:
From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.



Why Do the Holidays Bring Up So Much Emotion?

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

Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

Cold Weather Safety

by Alberta Health Services



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	26	35	17	$599,900	$575,000
September	26	34	17	$519,900	$505,000
August	26	41	21	$519,900	$500,000
July	26	38	29	$525,000	$517,500
June	26	36	22	$455,000	$446,250
May	26	48	22	$472,500	$462,500
April	26	39	33	$499,900	$495,000
March	26	38	25	$538,000	$535,000
February	26	23	19	$384,900	$380,000
January	26	28	22	$550,000	$537,500
December	25	13	24	$417,500	$406,000
November	25	28	22	$559,900	$542,000

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

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