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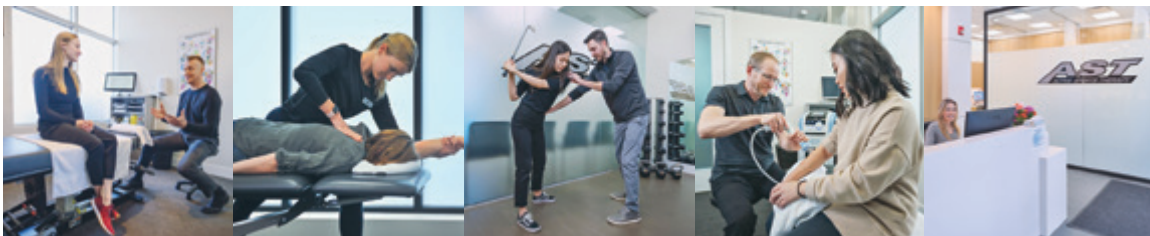
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New Patients Welcome

PRESIDENT'S MESSAGE

Hello again Copperfield!

We want to hear from you! Your Community Association is always looking for ways we can connect our community and build stronger relationships. Whether it be through member perks, events, classes, or a variety of other options, we want to know what you want to see in your community! If you have ideas on things you would like to see us offer, please send them to president@mycopperfield.ca.

Please keep an eye on our website and social media for exciting news to come over the next few months.

Have you been thinking of volunteering for your Copperfield Community Association, but unsure on what volunteer opportunities exist? Sign up to receive email notifications on various volunteer opportunities as they become available at the link below. Our volunteers are amazing individuals, and we could not do any of this without them!

<https://members.mycopperfield.ca/signup/Gw8KZFxFxQe>

If you have any questions or would like to learn how you can help our community, please send me an email at president@mycopperfield.ca.

Thank you,

Jason Fiander

Important Links

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

Website: www.mycopperfield.ca

A colorful illustration of a farm stand scene. In the foreground, a woman in a red headscarf and purple shirt is serving customers at a table laden with baskets of produce. A man in a red shirt is standing nearby. In the background, a person is riding a bicycle on a path, and another person is walking. The scene is set under a large orange umbrella. The text on the poster reads: "Calgary #88 Starting late May! Weekly farm stands Support local calgary.ca/localfood Tuesdays 3pm-7pm McKenzie Towne: Bus Terminal 68 McKenzie Towne Gate In partnership with The City of Calgary and Copperfield CA, Shirley's Greenhouses is running a farm stand in our community. Get some fresh local fruit, veggies, eggs, and baked goods!"

Calgary #88 Starting late May!

Weekly farm stands

Support local calgary.ca/localfood

Tuesdays 3pm-7pm

McKenzie Towne: Bus Terminal
68 McKenzie Towne Gate

In partnership with The City of Calgary and Copperfield CA,
Shirley's Greenhouses is running a farm stand in our community.
Get some fresh local fruit, veggies, eggs, and baked goods!

Mariana Trench

Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!



Copperfield

COMMUNITY ASSOCIATION



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

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!

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- Basement*: \$55.00 per hour + GST

Non-CMCA Members

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

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to 2027... get in touch if you would like
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Copperfield



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Stay tuned for exciting updates about how buying a Copperfield Community Association membership can benefit you!

NEED HELP WITH MEMBERSHIPS?

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Support Victoria Fortuna and Her Family After a Tragic Highway Accident

Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

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A FRESH PERSPECTIVE

The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist

Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.



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		Listed	Sold	Listed	Sold
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March	26	41	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
October	25	34	29	\$514,900	\$487,500
September	25	40	24	\$469,500	\$478,500
August	25	34	38	\$529,950	\$519,250
July	25	39	36	\$541,944	\$535,500
June	25	46	35	\$550,000	\$540,000

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



From Hesitant to Confident: A Growing Year for 4-H Intro Clubs



What happens when you give kids a welcoming place to try new things, make friends, and build confidence all in just six weeks?

This year, 4-H Alberta's Intro Clubs continued to grow across urban communities, with nine clubs hosted in Calgary and two in Edmonton. Two additional summer clubs, one in north Calgary and one in south Calgary, will wrap up the season at the end of July.



Although many people still associate 4-H with rural communities and livestock

projects, today's 4H programs offer a wide variety of opportunities for urban youth as well. From baking and science to leadership, communication, community service, and creative projects, 4-H helps young people build life skills through hands-on learning experiences.

Designed as a short-term introduction to 4-H, the Intro Clubs give youth the opportunity to experience friendship, leadership, responsibility, and community involvement in a welcoming environment for busy families.

For many participants, the experience became much more than just an after-school activity.

One parent shared that their son arrived nervous and unsure on the first day, but by the end of the program he was excited, enthusiastic, and sad to see it end. Another family described the program as "extraordinary" and praised both the hands-on learning and the welcoming atmosphere created by the leadership team.

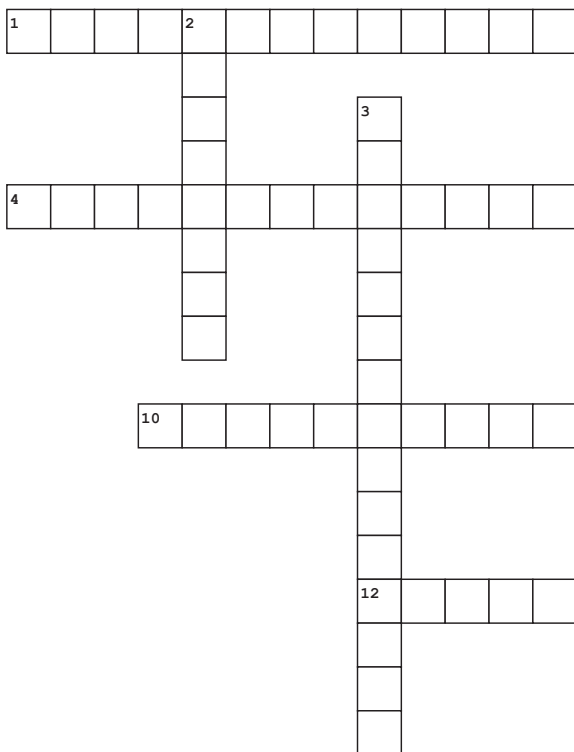
A special part of this year's success was the involvement of 4-H Ambassador and member, Devyn, who worked



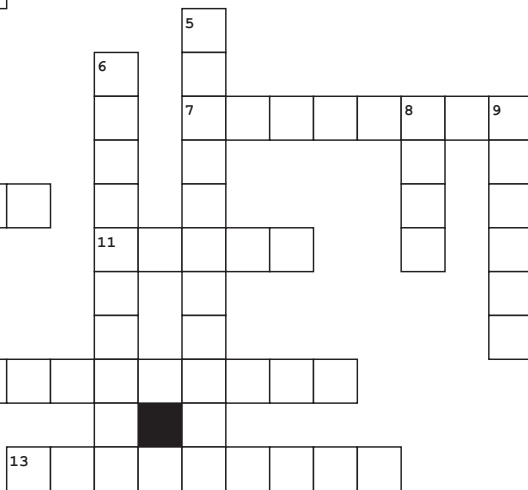
alongside club leaders to mentor younger members and help create a positive and encouraging environment.

Whether youth were presenting speeches, participating in community service, trying new activities, or simply making new friends, Intro Clubs helped families discover what 4-H is truly about: belonging, confidence, leadership, and learning by doing. Contact introclubs@4hab.com to find out more!

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



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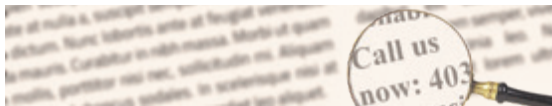
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