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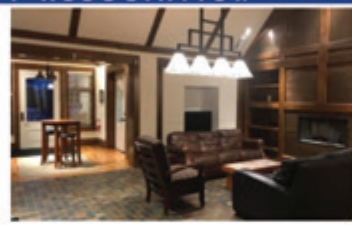
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New Patients Welcome

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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

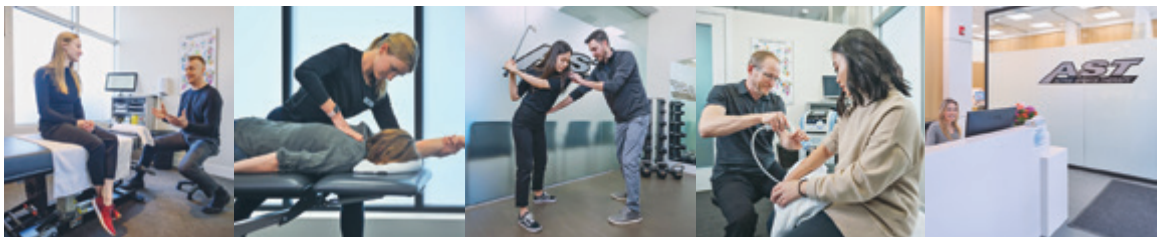
Non-CMCA Members
- Main Floor: $75.00 per hour + GST
- Basement*: $80.00 per hour + GST

*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



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PRESIDENT'S MESSAGE

Hello again, Copperfield!

As we settle into the rhythm of the season, I want to extend my appreciation to everyone who continues to make our community vibrant, welcoming, and full of energy. Your involvement—whether big or small—truly shapes who we are.

I'm excited to share that we will be hosting a Christmas event this December. More details will be announced soon, but you can expect to see a certain special someone who's name rhymes with Fanta to stop by. To stay up to date as plans unfold, be sure to follow us on our social media channels where we'll post updates, sneak peeks, and ways to get involved.

With winter approaching, we're also preparing for another season on our outdoor rink. This rink is a cherished part of our community, and we rely on volunteers to help flood, maintain, and keep it in great shape throughout the colder months. If you're able to lend a hand—even occasionally—your support will make a meaningful difference. Please reach out if you're interested in joining the rink crew.

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.

Important links:

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

Thank you for your continued commitment to our community. I'm looking forward to a wonderful winter season ahead.

Warm Regards,

Jason Fiander








Copperfield Helping Hands
Christmas Hamper Nominations
The Copperfield Helping Hands are looking to brighten the lives of families in our community this holiday season. Please send an email to copperfieldhelpinghands@gmail.com with the following details:
•Family's name and address. (They MUST be a Copperfield resident)
•Ages of any family members and a description of their interests or clothing sizes for the purpose of the Christmas gift.
•Any information regarding dietary restrictions and allergies.
•A brief account of why you believe this family is in need of a helping hand this holiday season.
Nominations close November 16th, 2026
Self nominations are also accepted

Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".





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News, Events, & More	Crime Statistics	Real Estate Statistics



Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.







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	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
October 25	34	29	$514,900	$487,500

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

November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

BRAIN GAMES

SUDOKU

	1	3	4				8	9
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1					8	6	7	

SCAN THE QR CODE FOR THE SOLUTION



A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



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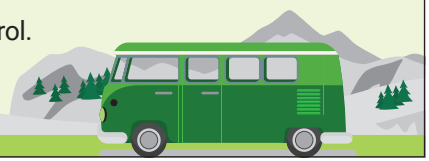
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