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April	25	58	35	\$575,000	\$579,000
March	25	50	31	\$564,900	\$562,500
February	25	35	22	\$472,450	\$467,000
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

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Meet Your Community Association

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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PRESIDENT'S MESSAGE

Hello again Copperfield!

Summer is here and with that come lots of opportunities to get outside and enjoy our wonderful community! Whether it is playing a set of tennis at the tennis courts or taking a stroll through one of the ponds in the community, there are lots of opportunities to enjoy what Copperfield has to offer. Take the time to enjoy the summer and get to know the people in your community.

While the nice weather provides a great opportunity to get outside, it also provides better weather for potential theft in the community. Make sure to lock up your possessions when not in use and report anything suspicious in the area to CPS.

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

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Community Clean-Up

This event offers a place to bring trash, recycling, and donations that may not fit into regular bin pick-ups!

- City of Calgary trucks accepting household waste. City-provided services are free to all Calgarians. Visit calgary.ca/cleanups for more info about what is accepted
- Junk Kings accepting cardboard, mattresses, and tires
- Quantum Lifecycle accepting electronics and batteries
- Recon Metal accepting all metal for recycling
- Flames Sports Bank accepting gently used sports equipment
- Cerebral Palsy Association accepting kids books/games, small household and kitchen items, clothing, and bottle/can donations

Mahogany Beach Club

29 Masters Park SE



September 6th, 2025



9am-2pm



What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



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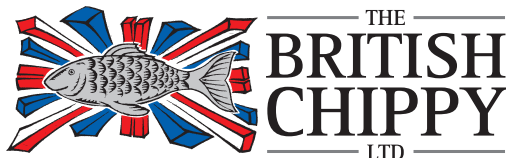
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BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

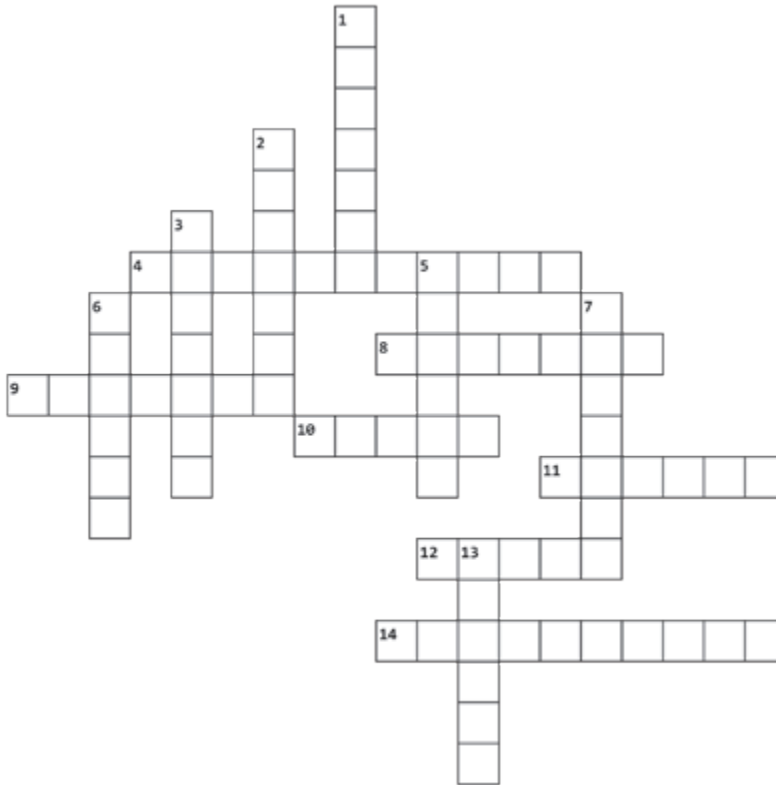
1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

July Crossword



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

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



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

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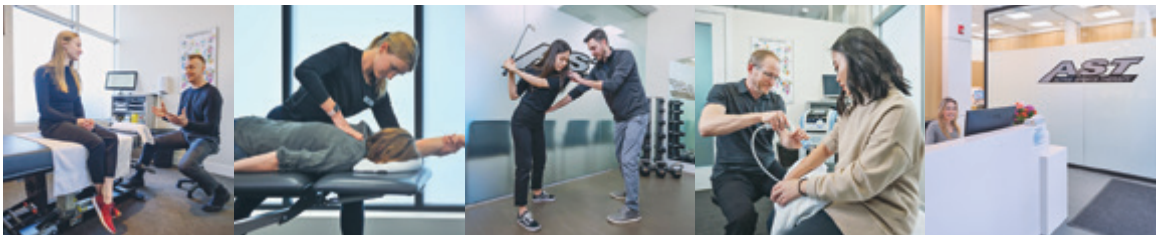
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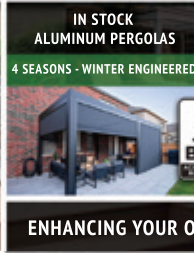
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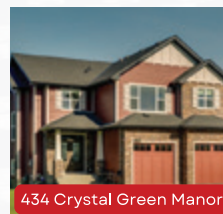
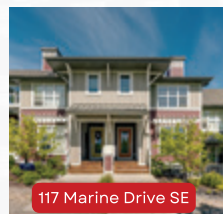
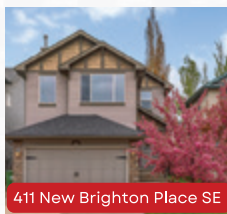
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