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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS,
EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MAHOGAN Y



COPPERFIELD



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We can be reached by phone at 403-532-8864

or by email at info@cmcommunity.ca

Hall Hours: By appointment only

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| Member at Large | Paula Lanh | |

The Copperfield Mahogany Community Association (CMCA) is an organization formed by the residents of both Copperfield and Mahogany:

- To manage and direct its social and recreational activities.
- To act as a liaison with all levels of government, especially civic matters like planning and development.
- To plan, develop and maintain community facilities and amenities.



Copperfield-Mahogany Community Association Memberships

Community associations are run by residents in our neighbourhoods, they bring us together as friends, they are a voice for our community, and they offer many exciting opportunities right here:

- Hockey/Skating
- Youth Programs
- Community-wide events like Stampede, Picnic in the Park, and Movie in the Park
- Committee work (planning and development, special events, safety, etc.)

CMCA Members Can Register for Programs at the Mahogany HOA!

Did you know that anybody can register for programs at the Mahogany HOA?

They have a wonderful indoor facility with a banquet hall, studios, and even a gymnasium that hosts youth and adult programs. You can check out their programs at <http://www.mahoganyhoa.com>.

The best part is that CMCA members can register at a discounted rate, compared to the general public. This is to thank members for their commitment to both of our communities. Getting your CMCA membership is quick and easy – just go to <https://cmcommunity.ca/memberships/>!

Once you have your CMCA membership, kindly reach out to the Mahogany HOA team at 403-453-1221 and they can assist you in setting up your profile and registering you at the discounted rate. If you have any questions, reach out to programs@mahoganyhoa.com.

Other Benefits Include:

- Discounted rates to most programs that operate through the Copperfield Community Hall and many at the Mahogany Beach Club.
- Discounted rates on Copperfield Community Hall rentals.
- We are building a directory of businesses in the area that will offer discounts to you by showing your membership card! (Please contact us to become involved in this program).
- And so much more!

Community Associations are dedicated to making sure our communities are a great place to live, work, and play. Purchasing a Community Association membership is a great way to get involved and show your support for the many ways our neighbours work to ensure you love where you live.

Memberships are valid for one year from the date of purchase, allowing you to purchase one at any time of year. You can set up an online account for your family at www.cmcommunity.ca and use this to purchase and renew memberships, as well as register for programs held at the Copperfield Community Hall! Memberships are good for up to two adults per household and their children up to 17 years of age. Membership is a voluntary \$30 per household, per year and is not included in the mandatory Mahogany Homeowners Association fee. A CMCA Membership does not grant access to the lake in Mahogany. You also get a vote at the yearly AGM (October/November) and it entitles you to hold a position on the Board of Directors.

Show support for your community and purchase your membership today!



Copperfield™ | **MAHOGANY™**
COMMUNITY ASSOCIATION

The Copperfield-Mahogany Community Association (CMCA) meets monthly on the third Thursday of every month at 7:00 pm (except July and December), and residents are welcome to join us as a visitor and find out what is happening in your communities first hand! You are also welcome to join the Board, as certain roles are still open.



Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

To have your pet featured, email news@mycalgary.com

Looking for Volunteering Opportunities in the Community?

The Copperfield-Mahogany Community Association strives to provide social and recreational opportunities to the residents of Copperfield and Mahogany, but we can't do this without the contributions of volunteers!

Consider volunteering for our available roles and make a positive impact in your community. With a variety of roles available, you'll gain valuable experience while contributing to a cause you care about. Join our supportive and inclusive community today and start making a difference!

If you are interested in the available volunteering opportunities in our community, you can take a survey that is specifically designed to help you find out more about each role.

The survey will provide you with a comprehensive list of all the volunteering opportunities available in our community right now. You will also have the chance to learn about the specific responsibilities, and how you can get involved.

By taking part in this survey, you will have the opportunity to connect with like-minded individuals who are passionate about making a difference in the community. Whether you are looking for short-term or long-term volunteering opportunities, there is sure to be something that will suit your needs.

So if you are ready to take the first step in making a difference in your community, be sure to participate in the survey and discover all the available volunteering opportunities that are waiting for you.

Use the QR code to access the survey, visit our website on www.cmcommunity.ca, or follow us on Facebook for more details!



WE ARE LOOKING FOR

**SIGN-UP
TODAY**

EVENTS COORDINATOR

Board position requiring a current CMCA membership. Must be able to attend monthly board meetings on the 3rd Thursday of every month. The Events Coordinator will organize fun, family-friendly events for the residents of our communities and recruit volunteers to help plan and run these events. A full description of the role is available at:

<https://cmcommunity.ca/blog/join-our-team-events/>

COMMUNICATIONS COORDINATOR

Board position requiring a current CMCA membership. Must be able to attend monthly board meetings. The Communication Coordinator responsible for monthly community Newsletter editing, focusing on using all available forms of engagement, as well as increasing our visibility with our local residents. A full description of the role is available at:

<https://cmcommunity.ca/blog/join-our-team-communications/>

SECRETARY

Executive Board position requiring a current CMCA membership. Must be able to attend monthly board meetings on the 3rd Thursday of every month and other Board/Executive meetings as required. The secretary is responsible for recording the minutes of meetings, and ensuring their accuracy and availability. A full description of the role is available at:

<https://cmcommunity.ca/blog/join-our-team-secretary/>

FACILITY MANAGEMENT ADVISOR

Non-Board member volunteer needed to assist the Executive Committee with

- a facility budget
- creating a maintenance plan and schedule of annual maintenance tasks
- sourcing vendors for contract work

This role would be short term, with assistance provided in person or over email. An initial site visit would be needed to determine maintenance requirements.

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT ANY OF THESE OPPORTUNITIES,
PLEASE EMAIL PRESIDENT@CMCOMMUNITY.CA

Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

The Good Food Box is Back!

We are excited to announce that the Good Food Box program is again available for residents of Copperfield and Mahogany communities.

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The boxes are put together and delivered by dedicated volunteers who, along with The Community Kitchen, desire to see individuals and families accessing affordable nutritious food.

Boxes contain both fruits and vegetables. Below weights are just an approximate and will vary depending on produce size and density. This is a monthly program by the CMCA and the schedule is as follows:

| Order Date | Delivery Date |
|--------------|---------------|
| August 14 | August 25 |
| September 11 | September 22 |
| October 9 | October 20 |
| October 30 | November 10 |
| November 27 | December 8 |

Orders can be picked up from Copperfield Community Hall, 6 Copperstone Way SE.

Abandoned orders (paid for but not picked up) will be donated to the Copperfield Helping Hands or Mahogany Angels support groups for distribution to neighbours in need.

Thank you for your support, and we look forward to seeing more community members benefiting from the Good Food Box program! Follow us on Facebook for ordering details and reminders.



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Decluttering Your Digital Life: Tips for Organizing Your Digital Files and Devices

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor

We live in a world where our devices and digital files are an integral part of our lives. But just like physical clutter can cause stress and chaos, digital clutter can also weigh us down and create unnecessary distractions. If you find yourself drowning in a sea of digital files and devices, it's time to declutter your digital life. Here are some tips to help you get started:

Take Inventory of Your Devices and Apps

Start by making a list of all the devices you own and the apps and software programs you use regularly. This will help you get a better understanding of the scope of your digital life and where you need to focus your decluttering efforts.

Delete Unused Apps and Software

If there are apps or software programs that you haven't used in a while, consider deleting them to free up space and reduce clutter. This will also make it easier to find the apps and programs that you do use regularly.

Organize Your Files and Folders

Just like physical files, your digital files should be organized into categories and folders. Create folders for different types of files (e.g. work documents, photos, music) and then organize your files within those folders. This will make it easier to find what you're looking for and reduce the clutter on your desktop.

Backup Your Files

It's important to back up your important files to prevent loss of data. Consider using cloud-based storage services such as Dropbox, Google Drive, or iCloud to store your files securely and access them from any device.

Manage Your Email

Email can be a major source of digital clutter. Unsubscribe from newsletters and promotional emails that you don't need or want, and use filters to automatically sort your emails into folders.

Reduce Digital Distractions

Social media and other digital distractions can eat up a lot of your time and attention. Consider setting limits

on the amount of time you spend on social media or using apps that help you track and manage your screen time. Many apps have features that allow you to set time limits on their usage, such as the "Screen Time" feature on iPhones. Setting these limits can help you stay focused and prevent excessive use of certain apps.

By decluttering your digital life, you can free up space, reduce stress, and increase productivity. It may take some time and effort to get started, but the benefits will be worth it in the end. So why not give it a try?



CMCA Stampede Picnic in the Park

We extend our heartfelt gratitude to each and every one of you for making the CMCA Stampede Picnic in the Park event on July 7 an extraordinary success. Your unwavering support, dedication, and enthusiasm brought a sense of joy and community to this special day, and we couldn't be more thankful.

To our amazing volunteers: Your tireless efforts, smiling faces, and willingness to lend a helping hand were instrumental in creating a seamless and enjoyable experience for everyone in attendance. Your commitment to making a difference in our community is truly inspiring.

To our wonderful residents: Your participation and enthusiastic spirit contributed to the vibrant atmosphere and sense of camaraderie that filled the park. Your presence made this event a true celebration of togetherness, and we are grateful for your continued support.

To our valued partners: Your generous contributions and collaboration played an invaluable role in bringing the CMCA Stampede Picnic in the Park to life. Your support helped us provide exceptional entertainment, activities, and delicious food, making this event a memorable highlight of our community calendar.

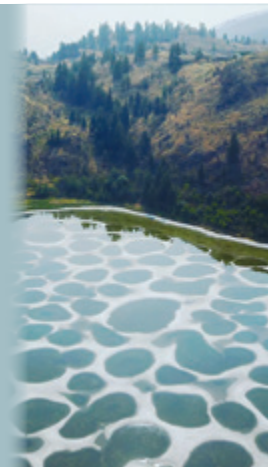
Check out the collection of photos capturing the joy and excitement that permeated the event on our Facebook Page or on the CMCA website.

Once again, thank you for your remarkable contributions and for being an integral part of this incredible event. Your passion and dedication inspire us all, and we look forward to creating more unforgettable moments together in the future. We need volunteers for our future events, please visit our Facebook page to learn more.



The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!



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The Impact of Fruit Colour on Nutritional Value: Unveiling the Palette of Health Benefits

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor

When we think about fruits, their vibrant colours instantly come to mind. From the vivid red of strawberries to the sunny yellow of bananas and the lush green of apples, the diverse range of colours in fruits is not only visually appealing but also holds significant nutritional value. It turns out that the colour of a fruit can be an indicator of its nutritional composition. So, let's delve into the fascinating relationship between fruit colour and its nutritional value, highlighting how these hues can provide valuable insights into the health benefits they offer.

The Role of Pigments

The pigments responsible for the colours in fruits, namely anthocyanins, carotenoids, and chlorophyll, play a crucial role in determining the nutritional profile of each fruit. These pigments not only give fruits their distinctive colours but also serve as powerful antioxidants, helping to protect the body against oxidative stress and reducing the risk of chronic diseases.

Colour Variations and Nutritional Value

Red and Purple: Fruits with red and purple hues, such as berries, cherries, and grapes, owe their vibrant colours to the presence of anthocyanins. These pigments are associated with numerous health benefits, including improved cardiovascular health, reduced inflammation, and enhanced cognitive function. They are also known to support healthy aging and have anti-cancer properties.

Orange and Yellow: Fruits like oranges, peaches, and mangoes owe their bright colours to carotenoids, including beta-carotene and lutein. Carotenoids are converted into vitamin A in the body and are essential for maintaining healthy vision, boosting the immune system, and promoting healthy skin. Additionally, they possess powerful antioxidant properties, helping to protect cells from damage caused by free radicals.

Green: Green fruits, such as apples, kiwis, and avocados, contain chlorophyll, which facilitates photosynthesis and gives them their characteristic colour. Chlorophyll is a rich source of essential nutrients, including vitamins A, C, and K, and minerals such as potassium

and magnesium. These nutrients contribute to healthy bones, improved digestion, and a strengthened immune system.

White: While white fruits like bananas, pears, and lychees may lack vibrant colours, they still hold significant nutritional value. These fruits are often rich in dietary fiber, potassium, and vitamin C, providing benefits such as regulating blood pressure, promoting digestion, and supporting the immune system.

The Importance of Variety

It is important to note that the nutritional value of a fruit is not solely determined by its colour. The overall nutritional content, including vitamins, minerals, and fiber, varies among different fruits, even within the same colour group. Therefore, consuming a variety of fruits, encompassing different colours, is crucial to obtaining a broad spectrum of nutrients and maximizing health benefits.

The colour of a fruit offers a visual cue to its nutritional value, serving as a guide to its potential health benefits. Fruits of various colours contain unique pigments that are rich in antioxidants and provide an array of essential vitamins, minerals, and fiber. Incorporating a diverse range of colourful fruits into your diet can contribute to overall well-being, supporting vital bodily functions and reducing the risk of chronic diseases. So, let the vibrant colours of fruits brighten your plate and nourish your body with a rainbow of health benefits!



Restoring Your Hair After Summer: Reviving and Nourishing Your Locks

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor



After months of fun in the sun, your hair may be showing signs of damage from the scorching summer heat and sun exposure. But fear not! With some tender loving care and the right approach to hair restoration, you can revive and nourish your locks, restoring their health and vitality. Let's explore effective strategies and essential tips to help you bring your hair back to life after the summer season.

Trim the Damage

Start by scheduling a visit to your hairstylist for a trim. Trimming away split ends and dry, damaged hair will not only improve the overall appearance of your hair but also promote healthy growth. A fresh cut will give your hair a clean slate to work with as you proceed with the restoration process.

Deep Conditioning Treatments

Invest in high-quality deep conditioning treatments or hair masks specifically formulated to repair and nourish damaged hair. Look for products containing ingredients like keratin, argan oil, shea butter, or coconut oil. Apply the treatment generously to your hair, focusing on the ends, and leave it on for the 30 minutes or more under the towel. Rinse thoroughly to reveal softer, more manageable hair.

Hydration is Key

To restore moisture lost during the summer, make hydration a top priority. Increase your water intake to keep your hair hydrated from within. Additionally, use a leave-in conditioner or a lightweight hair oil to lock in moisture and prevent further damage. Apply these products sparingly to avoid weighing down your hair.

Gentle Cleansing

After a summer of sun, sweat, and pool chemicals, it's essential to give your hair a gentle yet thorough cleanse. Use a clarifying shampoo to remove any buildup or residue. Follow up with a moisturizing shampoo and conditioner to replenish hydration and restore balance to your hair. Products with apple vinegar would additionally boost the growth.

Heat Styling Caution

Limit your use of heat styling tools, such as blow dryers, curling irons, and straighteners. Excessive heat can further damage your hair and exacerbate the effects of summer exposure. If you must use heat styling tools, always apply a heat protectant spray or serum to shield your hair from excessive heat damage.

Protect From the Elements

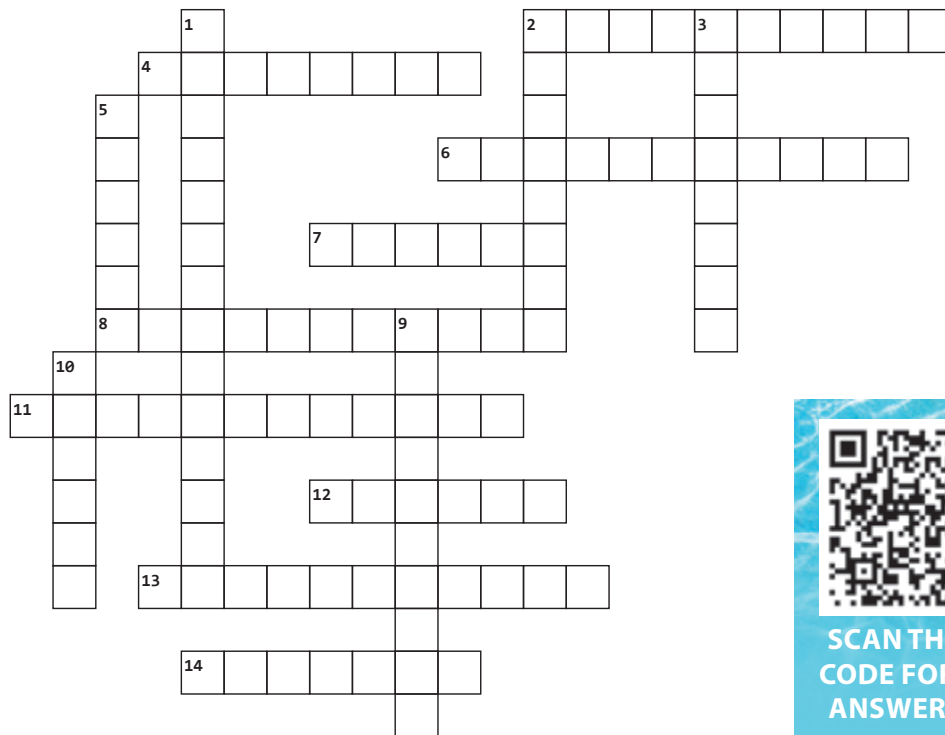
As you restore your hair's health, take proactive measures to protect it from future damage. Invest in a wide-brimmed hat or use a UV-protective hair spray when spending time outdoors. Avoid prolonged sun exposure during peak hours and consider tying your hair in a loose bun or opting for protective hairstyles to minimize direct sun exposure.

Balanced Nutrition

A well-balanced diet plays a crucial role in the health of your hair. Ensure you're consuming foods rich in vitamins and minerals, such as leafy greens, fruits, lean proteins, and healthy fats. Nutrients like biotin, vitamin E, and omega-3 fatty acids can promote hair growth and strengthen the hair shaft.

With these rejuvenating tips and a commitment to proper hair care, you can restore your hair's natural beauty and vitality after a summer of hot days and sun exposure. By giving your hair the attention it deserves, you'll soon enjoy luscious, healthy locks that are ready to take on any season.

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

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City-Wide Lemonade Day August 19th

Free, fun financial literacy program for Grades K-8.
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Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay,
they would be bagels.



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VOLUNTEERS NEEDED ! VOLUNTEERS NEEDED ! VOLUNTEERS NEEDED !



COMMUNITY **02 SEPT 23** Cleanup Event

9 am to 2 pm
29 Masters Park SE
Mahogany Beach Club Parking lot

Bring your excess and oversized household waste for free diversion and disposal

The following items WILL NOT be accepted:

Tires, Car Batteries, Railroad Ties,
Propane Tanks, Household
Chemicals, Home Appliances, Glass,
Paint, Liquids, Microwaves

Follow for updates on the event and accepted items our Facebook page OR visit www.cmcommunity.ca



101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

Wedding Guest Styling: Tips to Shine on the Special Day

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor



Attending a wedding is not only a joyous celebration but also an opportunity to showcase your personal style. Whether you're a close friend, a family member, or a plus-one, dressing appropriately and stylishly is key. Here we will explore some valuable tips and ideas to help you navigate the realm of wedding guest fashion, ensuring you look your best while respecting the couple's big day.

Dress Code Decoding

Understanding the dress code specified on the wedding invitation is crucial. Traditional dress codes like black tie, cocktail, semi-formal or casual set the tone for your outfit choices. For example, for Black Tie, women should opt for a floor-length evening gown, a sophisticated cocktail dress, or a dressy jumpsuit. Pair it with elegant heels, statement jewelry, and a chic clutch. For men, a Black Tie would include a tuxedo with a black bowtie, a crisp white dress shirt, and black patent leather shoes. Optionally, add a cummerbund or a waistcoat for added sophistication.

If the dress code is ambiguous or not mentioned, you can take cues from the venue, time of day, and theme to guide your decision.

Embrace Colour

While white and off-white attire is typically reserved for the bride, you can explore a range of vibrant colours and prints to express your personal style. Opt for hues that complement your skin tone and reflect the joyful ambiance of the event. Sparkling dress looks are always chic, but don't go too wild with accessories if you choose one. Pastels, jewel tones, and floral prints are often popular choices for weddings.

Dress Length and Style

The length and style of your dress or outfit should align with the formality of the wedding. For daytime or semi-formal events, knee-length or midi dresses, jumpsuits, or tailored separates can be an excellent choice. For more formal affairs, consider long gowns or elegant cocktail dresses. Always ensure your outfit is comfortable and allows you to move freely. Women, if you see "White Tie" in an invitation, forget everything but floor-length evening gowns.

Attention to Accessories

Complete your wedding guest look with carefully chosen accessories. A statement clutch, elegant jewelry, and appropriate footwear can elevate your ensemble. Opt for comfortable yet stylish shoes, as you'll likely be on your feet for a significant portion of the day. You are free to decide if you go for flats or heels (unless it's "White Tie" and sometimes "Black Tie") but make sure it's more than regular everyday ballerinas. Don't forget a lightweight wrap or jacket for outdoor weddings or chilly evenings.

Etiquette and Cultural Considerations

Respect any specific cultural or religious customs associated with the wedding ceremony. Ensure your outfit adheres to any guidelines provided. Additionally, avoid wearing anything that could potentially upstage the couple or draw excessive attention to yourself. It's their day to shine, after all.

Attending a wedding as a guest presents an opportunity to showcase your fashion flair while honoring the couple's special day. By decoding the dress code, embracing colours, choosing appropriate dress lengths and styles, accessorizing thoughtfully, and respecting cultural considerations, you'll confidently arrive in a stunning ensemble. Remember, the most important aspect is to celebrate the love and happiness of the couple while looking and feeling your best.



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www.mahoganyhoa.com

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How to Spot a Credit Check Scam When Apartment Shopping

from the Better Business Bureau

Moving this summer? Watch out for a new twist on fake rental ads. According to multiple BBB ScamTracker reports, scammers use fake tenant credit checks to trick potential renters into compromising sensitive personal information.

How the Scam Works

You find a good deal on an apartment while browsing rental listings online. When you call the number to inquire, the owner asks you to complete a credit check before you can see the place. If you agree, they'll send you a link to a website where you can get the credit check done.

The website may look professional, but it's all part of a scam. After you enter your sensitive information and pay for the credit check, the "landlord" will disappear. Your credit card information could be compromised, and you could even be at risk for identity theft.

One consumer reported the following experience: "I gave my name, address, and social security number to obtain my credit score from this website. I was asked to take a screenshot of my score and send it to the same address that emailed me the link. Afterward, I was sent an email with a showing time, but the house number was not listed on this email or on the listing on Craigslist." Afterward, the consumer was unable to reach anyone about the apartment. Their calls and emails went unanswered.

How to Avoid Credit Check Rental Scams

Be wary of lower-than-usual prices. If the rent for an apartment is well below the going market rate, consider it a red flag. Scammers love to draw people in with claims that sound too good to be true.

Do some research. Search the listing online, as well as the associated phone number and email address. If you find another listing for the same property in a different city, you've spotted a scam. Reverse image searches can be helpful, too, as can searching the alleged landlord's name along with the word "scam." These searches only take a few minutes and are well worth the effort.

Always see the property in person. Many rental scams involve listings for properties that don't exist. Something is fishy if the renter refuses to let you know where the apartment is before you complete a credit check or pay them a deposit. Be wary, too, if you are given the address of a home with a "for sale sign" in the yard. You might not be in contact with the actual owners.

Verify the property owner's information. Contact a licensed real estate agent to see who owns a property or check the property appraiser's website. Ask the landlord for a copy of their ID to verify that they are who they claim to be before you offer up sensitive personal information like your social security number for a credit check. If the landlord refuses or gets upset, you could be dealing with a scammer.

Be cautious about credit check websites. If you need a credit check, always use reputable sources, such as those recommended by the Financial Consumer Agency of Canada.



Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| June | 23 | 57 | 63 | \$639,900 | \$642,000 |
| May | 23 | 41 | 42 | \$609,450 | \$612,250 |
| April | 23 | 47 | 43 | \$615,000 | \$615,000 |
| March | 23 | 51 | 46 | \$564,950 | \$565,000 |
| February | 23 | 33 | 14 | \$549,900 | \$550,000 |
| January | 23 | 24 | 26 | \$604,944 | \$588,450 |
| December | 22 | 15 | 21 | \$624,900 | \$614,900 |
| November | 22 | 21 | 32 | \$591,650 | \$581,720 |
| October | 22 | 27 | 30 | \$637,650 | \$621,840 |
| September | 22 | 33 | 24 | \$607,400 | \$597,264 |
| August | 22 | 36 | 39 | \$599,900 | \$590,000 |
| July | 22 | 54 | 42 | \$642,450 | \$625,000 |

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

COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| June | 23 | 46 | 34 | \$437,450 | \$457,450 |
| May | 23 | 54 | 53 | \$449,900 | \$460,000 |
| April | 23 | 29 | 34 | \$425,000 | \$461,250 |
| March | 23 | 36 | 26 | \$364,950 | \$359,950 |
| February | 23 | 18 | 15 | \$349,999 | \$350,100 |
| January | 23 | 16 | 14 | \$355,000 | \$353,000 |
| December | 22 | 9 | 12 | \$374,400 | \$365,200 |
| November | 22 | 14 | 22 | \$374,900 | \$372,950 |
| October | 22 | 18 | 31 | \$474,900 | \$457,500 |
| September | 22 | 27 | 36 | \$355,000 | \$352,500 |
| August | 22 | 37 | 21 | \$364,900 | \$360,000 |
| July | 22 | 36 | 44 | \$377,400 | \$372,000 |

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



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Calgary Students Get Creative with Digital Designs for the Level Up Calgary Minecraft Education Edition Challenge Season Two

from the City of Calgary



The City of Calgary's Resilient Calgary program continues the collaboration with the Calgary Board of Education (CBE), the Calgary Public Library, and Microsoft Canada to deliver Level Up Calgary Season Two. Watch the presentations and learn more at calgary.ca/levelup.

When it Roars, Stay Indoors

from the City of Calgary



Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.



PERIDOT

August-borns are lucky to have three birthstones to choose from: peridot, spinel, and sardonyx. Of these three, peridot is the rarest as it is one of only two gems to be found deep in Earth's mantle, which can make it more difficult to find and mine.



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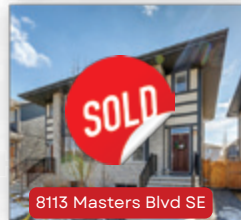
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