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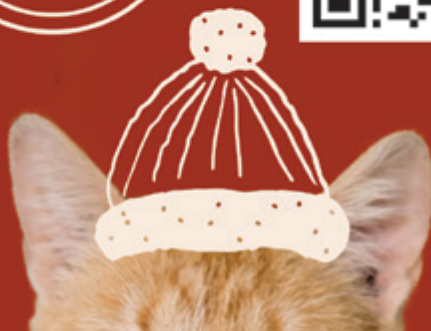
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**MAHOGANY**



**COPPERFIELD**



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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.



## 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/!](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](mailto:programs@mahoganyhoa.com).





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**Calling All PARENTS**  
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## 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.)

### 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](http://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!



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.





# The Good Food Box

Orders can be placed at [bit.ly/CMCA\\_GoodFoodBox](https://bit.ly/CMCA_GoodFoodBox) (if nothing appears, the order is currently closed - follow our Facebook page for updates when the next order is open).

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. Weights 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    |
|------------------|------------------|
| January 16, 2024 | January 26, 2024 |

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, 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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# Roasted Squash and Pesto Baguettes

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baguettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

**Prep Time:** 25 minutes

**Cook Time:** 40 minutes

**Servings:** Four to six

**Ingredients:**

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsps. of Italian seasoning

- 1 ½ tbsps. of extra virgin olive oil
- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baguettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

**Directions:**

- Heat oven to 375 degrees Fahrenheit.
- Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!



# Art of Finding Work: The Best Job Search Advice I Ever Received

by Nick Kossovan



The majority of job search advice is cookie-cutter, advice that is not new, just common sense.

- Always be networking.
- Focus on your strengths.
- Show interest in the job.
- Before applying, research the company.
- Continually improve your resume and LinkedIn profile.

Despite following the advice of self-proclaimed job-hunting experts and career coaches, most job seekers struggle to find a job.

Most advice does not get to the root of what it takes to succeed. Most people find hard truth advice, often a truism, uncomfortable. Hence, they do not want to hear it. I am the opposite; I am grateful for advice that challenges my assumptions and reframes my thinking. More than once, someone's advice has exposed the limitations of my beliefs. Limiting beliefs are the most common obstacle to success.

For example, many job seekers believe their age makes them not hireable; hence, they accuse employers of age discrimination, thereby giving themselves permission

to believe their lack of job search success is not their fault rather than to analyse whether they are not being hired due to something they are doing or not doing. Consequently, job seekers who believe their age hinders them from being hired tend to gravitate towards advice that supports their belief. (for example, by removing graduation dates from your resume and only include your last 15 years of work experience).

Most job search advice is syrupy, based on what the advisor thinks job seekers want to hear and therefore fails to address the harsh realities of job hunting or managing a career in a hyper-competitive workplace where everyone is battling to remain relevant.

The best advice I ever received, advice that re-engineered my thinking regarding job hunting, as well as how to manage my career, was given to me during a heated exchange while living and working in Chandigarh, India, where I was overseeing a 150-seat call centre.

Unexpectedly, the COO of the company called me from California to discuss a process improvement proposal I had made to the CEO, which he strongly disagreed with. A heated disagreement ensued. At the time, I was young and cocky, and I said it was up to the CEO, not him, whether to implement my suggestion.

After a long pause, the COO said, "Nick, what other people think of you decides whether or not you move forward in this company."

I thanked the COO, admittedly sarcastically, for his backhanded advice, which many would have interpreted as a warning, hung up, and leaned back in my chair. My mind kept replaying his words. Eventually, I realized that his advice was a truism that summed up what it takes to succeed not only in one's career but also in one's life.

It takes multiple approvals to receive a job offer. What the person who reads your resume and LinkedIn profile thinks about your ability to do the job and possibly being a fit determines whether you are invited for an interview. You will likely be interviewed two or three times. Each time, your interviewer(s) will be judging you.

Aside from dating, I cannot think of an activity in which you are subject to as much judgment or scrutiny, whether on paper, your digital footprint and, of course,



face-to-face, then while searching for a job. The COO's advice contradicted the cliché advice to "not worry about what other people think of you." The harsh truth: nobody is entitled to employment, livelihood, or acceptance; they must be earned.

The advice to not worry about what other people think of you is good advice if you are not dependent on other people's approval. However, job searching boils down to seeking approval, often from strangers, that you are worthy of joining their payroll, will fit the team and company culture and will be manageable.

When you do not care what other people think about you — disregarding how you come across — you make it difficult for others, especially strangers, to judge you favourably. Therefore, the question: should you be 100% yourself when searching for a job and managing your career?

Not if it hinders you from being judged positively, that you are a professional who can be relied on.

In an interview, you are judged based on:

- What you are wearing.
- The words you use.
- Your mannerisms and level of energy
- Your posture ... and much more.

All this judgement happens after the employer has judged your resume, LinkedIn profile, and telephone screening interview to determine if you are face-to-face interview worthy. The hiring process is a judgement process.

Keeping the COO's words, "what other people think of you decides whether or not you move forward", top of mind makes me mindful that how I present myself and how others experience me are determining factors in whether I am accepted. In other words, I am constantly reminding myself that I have a great deal of control over how people perceive and experience me, which you also have.

If job seekers wish to experience more green lights throughout their job search, regardless of their age, they need to give more serious thought to how they present themselves to employers and hiring managers.



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## Winter Car Seat Safety

by Alberta Health Services



Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

### Tips to keep your kids safe and warm in their car seat during the winter:

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

### Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

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## Planning and Development Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Planning and Development Coordinator will receive updates from the city on future development and planning and relay to the board. A full description of the role is available at <https://cmcommunity.ca>.

## Facility Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Facility Coordinator will help ensure our community hall and outdoor rink are maintained and kept safe for many years to come. A full description of the role is available at <https://cmcommunity.ca/blog/join-our-team-facility/>.

## Schools Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Schools Coordinator is responsible for acting as a liaison between the local schools and our community. A full description of the role is available at <https://cmcommunity.ca>.

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# 8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

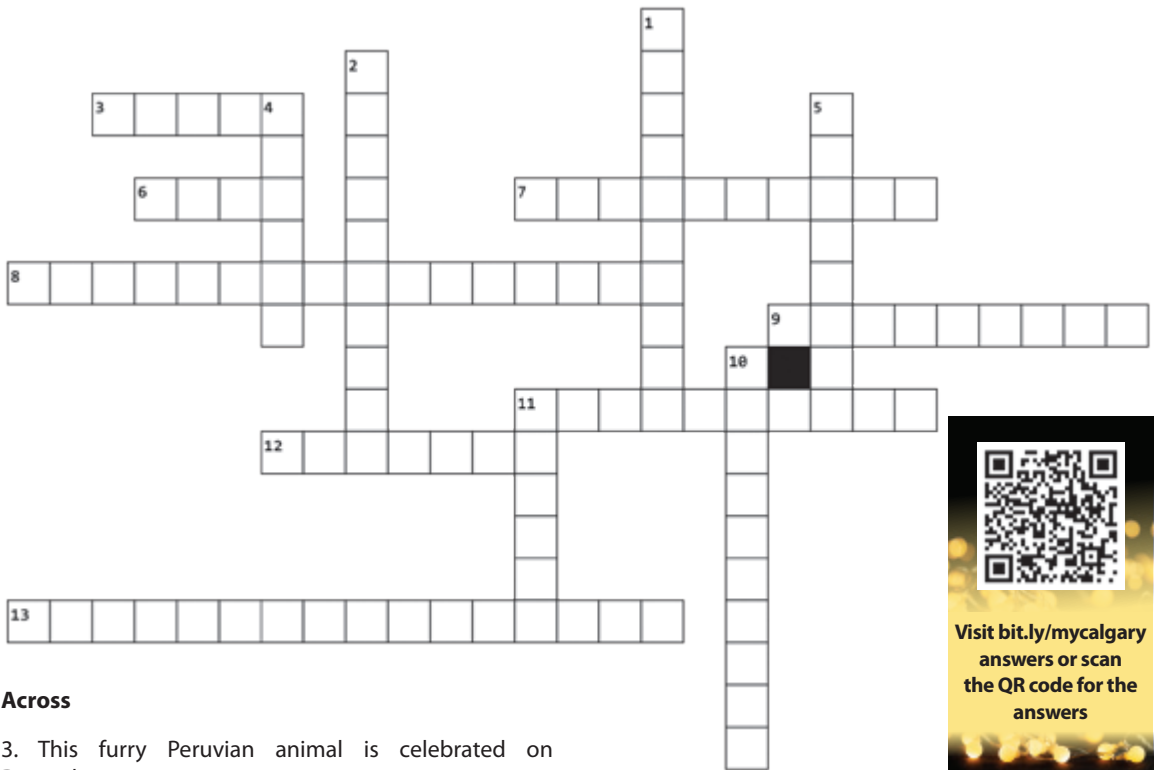
**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

# December Crossword



## Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

## Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as \_\_\_\_\_.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered \_\_\_\_\_ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



Have your photo taken with Santa  
At the Copperfield Hall on December  
9th from 10am to 12pm



Email [events@cmcommunity.com](mailto:events@cmcommunity.com) for details

## 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](http://www.cmcommunity.ca), or follow us on Facebook for more details!





**There's More  
in Mahogany!**

# MAHOGANY

## HOMEOWNERS ASSOCIATION

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website: [www.mahoganyhoa.com](http://www.mahoganyhoa.com)

29 Masters Park SE, Calgary, AB, T3M 2C1 • Ph: 403-453-1221  
 Fax: 403-474-1202 [f https://www.facebook.com/mahoganyhoa](https://www.facebook.com/mahoganyhoa)  
[x https://twitter.com/mahoganyhoa](https://twitter.com/mahoganyhoa)  
 Hours of Operation: 9:00 am to 10:00 pm daily

### CONTACTS

|                                    |                  |                           |
|------------------------------------|------------------|---------------------------|
| General Manager                    | Sally Lockhart   | gm@mahoganyhoa.com        |
| Facilities Manager                 | Vicky Winder     | fm@mahoganyhoa.com        |
| Program and Event Manager          | Amy Cornett      | pem@mahoganyhoa.com       |
| Office Manager                     | Urszula Sargeant | om@mahoganyhoa.com        |
| Indoor Bookings                    | Katy Hills       | bookings@mahoganyhoa.com  |
| General Inquiries                  |                  | reception@mahoganyhoa.com |
| Volunteer Opportunities            |                  | info@mahoganyhoa.com      |
| Marketing Coordinator              | Melissa McGlone  | marketing@mahoganyhoa.com |
| Programs and Volunteer Coordinator | Jen Wakely       | programs@mahoganyhoa.com  |

All residents age 12+ must have their membership card/credential to access the Mahogany Beach Club and parks.

Stop by the MBC to have your picture taken and get your card/credential today! Please bring your "Certificate of Title" and photo ID showing proof of residency. Tenants must bring in their lease agreements.

## MAHOGANY | HOMEOWNERS ASSOCIATION

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AFFORDABLE YOUTH SPORTS  
PROGRAMMING!**

KidSport  
So All Kids Can Play!

## Bright Stars Preschool



Bright Stars Preschool, with locations in the Mahogany Beach Club and Copperfield Community Hall.

We provide preschool children with a joyful, playful, and well-rounded program so they can develop socially, emotionally, physically, mentally, and academically preparing them for Kindergarten.

Registrations are still being accepted!

Visit [www.brightstarspreschool.ca](http://www.brightstarspreschool.ca) or email [kailiparkinson@gmail.com](mailto:kailiparkinson@gmail.com) to learn how to get your little one registered.



# Register Today

MAHOGANY | HOMEOWNERS  
ASSOCIATION



29 Masters Park SE  
403.453.1221 ext 4  
[www.mahoganyhoa.com](http://www.mahoganyhoa.com)



## Public Light Displays

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

'Tis the season for outdoor light displays to brighten dark winter nights. The tradition of lighting fires on the winter solstice is an ancient one. In the sixteenth century, trees appeared in German homes lit with candles to symbolize the newborn Saviour's light. The UK adopted this tradition during the reign of Queen Victoria, and it eventually arrived in North America.

An outdoor public display of lighted Christmas trees was first recorded in San Diego in 1904. In 1914, Calgary began lighting up a municipal tree in Central Memorial Park. Rockefeller Centre first raised its annual tree in 1933. By the 1950s, homes across North America were stringing up light displays.

An iconic display in Calgary is the Lions Festival of Lights in Confederation Park (14 Street NW between 24 Avenue and Rosevale Drive). Lights have been displayed there since the park was established in 1967 for Canada's centennial. In 1986, the Lions Club began organizing the display as a thank you to Calgarians for donating time and money to the Club. The festival is supported by various sponsors, most recently including the City of Calgary, Calgary Herald, and Enmax. It is installed by volunteers, who last year strung up 650,000 bulbs on 25,000 strings with almost four kilometres of power cords.

The Calgary Lions Club is the oldest one in Alberta, dating to 1929. Its mission is community service, beginning with assistance to the blind and expanding to aiding seniors and the disabled. In 2013, an affordable residential seniors' complex opened in the Bowness area.

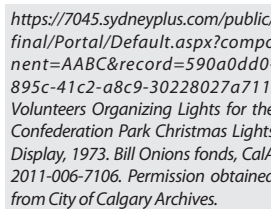
Other notable displays were at Brewery Gardens, which is slated for major development, and the Calgary Tower itself, which received a natural gas-fired cauldron in 1987. In 2014, LEDs were installed, which use 60% less energy than the prior lights. It's specially lit for charitable causes and on holidays, including Christmas and Hanukkah.

Another favourite was the flickering candle and alternating trees on the Alberta Government Telephones (AGT) Tower. Today, the uniquely designed Telus Sky creates public art shows with LED lights on its north and south facades. Dress warmly when going outside to enjoy the lights!

\*All copyright images cannot be shared without prior permission



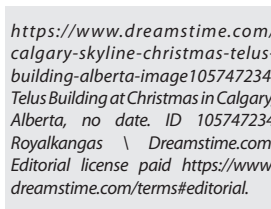
<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F2J30?WS=SearchResults>. "First public Christmas tree in Central Park, Calgary, Alberta.", 1914-12-24, (CU1122821) by Unknown. Courtesy of Glenbow Library and Archives, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=590a0dd0-895c-41c2-a8c9-30228027a711>. Volunteers Organizing Lights for the Confederation Park Christmas Lights Display, 1973. Bill Onions fonds, CaIA 2011-006-7106. Permission obtained from City of Calgary Archives.



<https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=6018f25e-9ae7-4470-bc29-46f9065e534e>. Firemen Volunteers Organizing Lights for the Confederation Park Christmas Lights Display, 1973. Bill Onions fonds, CaIA 2011-006-7111. Permission obtained from City of Calgary Archives.



<https://www.dreamstime.com/calgary-skyline-christmas-telus-building-alberta-image105747234>. Telus Building at Christmas in Calgary, Alberta, no date. ID 105747234 Royalkangas \ Dreamstime.com. Editorial license paid <https://www.dreamstime.com/terms#editorial>.



<https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=567bf515-05e9-47fa-80a1-4c1707ba7656>. Christmas tree and display at the Brewery Gardens, Calgary, Alberta, 1971. CaIA 95-025-002. Permission obtained from City of Calgary Archives.



# Mahogany's Tree of Hope

Immediately following the Parade of Lights, join us outdoors and the Mahogany Beach Club from 6-7pm for the lighting of the

## Mahogany 'Tree of Hope' in Colour!

Pre-purchase a colored light bulb where all proceeds go to the Calgary Food Bank.

Every \$1.00 spent, buys \$5.00 worth of food!

**Yellow Bulb = \$100**

**Green Bulb = \$50**

**Blue Bulb = \$25**

**Red Bulb = \$5**

Bulbs can be bought at the Mahogany Beach Club or go online

<https://central.ivrnet.com/mahogany/products>

Live performances, Hot chocolate, Sm'ores and featuring Santa & Mrs. Claus!

MAHOGANY

HOMEOWNERS  
ASSOCIATION

CALGARY  
FOOD BANK

# Healthy Technology Use

by Alberta Health Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor that has shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are four M's that you can refer to:

### Manage

The information online can be easily accessed but you can manage this by setting limits and clear expectations of use among the technology being used along with continually learning about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks or learning about privacy settings on TikTok can help ensure healthy use.

### Meaningful

To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or do they feel FOMO "fear of missing out" on an event that may be posted by their peers.

### Model

If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on it



during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they are seeing, for example, how does this make you feel, or do you know what filters are?

### Monitor

The monitoring of use will help you to see if there are signs that may lead to problematic use. When they are not using technology, are they bored or angry, do they have low self-esteem, worsening symptoms of mental health issues (such as anxiety) or does technology use interfere with school, social interactions, or sleep?

There are both pros and cons when using technology. We encourage the use of the four M's as a template to see where/if there needs to be focus to ensure the positives of technology is outweighing the negatives.

## LITTLE TOES

Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!





MAHOGANY HOA



# Winter Camp

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Winter Time!*

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Our camps are a safe space for children while parents are away. They are an opportunity for your child to learn new things and create unforgettable memories! With access to the gymnasium, multiple rooms, rinks, and tobogganing, our campers will have endless possibilities to explore and enjoy.

|                       |            |
|-----------------------|------------|
| Winter Camp January 2 | CC-Winter1 |
| Winter Camp January 3 | CC-Winter2 |
| Winter Camp January 4 | CC-Winter3 |
| Winter Camp January 5 | CC-Winter4 |



**\$50 RESIDENT | \$55 CMCA | \$60 NON RESIDENT**

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Activities & Games.*

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**WHAT TO DONATE**



# Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH

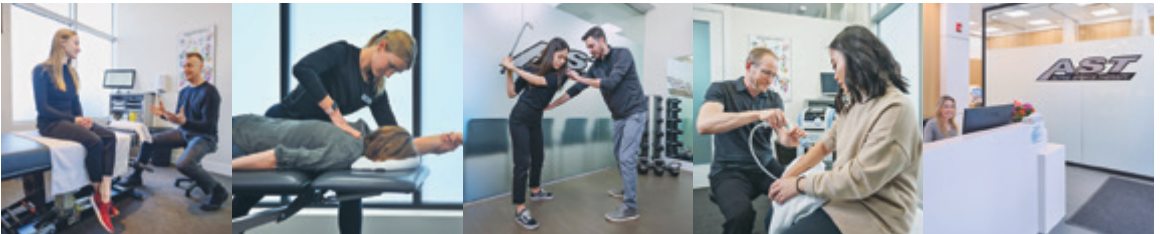


Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.



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## Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.



### A CAST OF CHARACTERS

In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!



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## MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| October   | 23 | 45         | 30   | \$597,450    | \$590,000 |
| September | 23 | 33         | 35   | \$649,900    | \$635,000 |
| August    | 23 | 36         | 42   | \$644,900    | \$641,500 |
| July      | 23 | 55         | 36   | \$614,950    | \$620,750 |
| June      | 23 | 59         | 63   | \$639,900    | \$642,000 |
| May       | 23 | 35         | 42   | \$609,450    | \$612,250 |
| April     | 23 | 46         | 43   | \$615,000    | \$615,000 |
| March     | 23 | 50         | 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 |

To view more detailed information that comprise the above MLS averages please visit [mah.mycalgary.com](http://mah.mycalgary.com)

## COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| October   | 23 | 33         | 37   | \$435,000    | \$436,000 |
| September | 23 | 40         | 30   | \$419,900    | \$425,500 |
| August    | 23 | 39         | 52   | \$419,950    | \$417,500 |
| July      | 23 | 42         | 36   | \$394,950    | \$409,950 |
| June      | 23 | 43         | 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 |

To view more detailed information that comprise the above MLS averages please visit [copp.mycalgary.com](http://copp.mycalgary.com)



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|   | 2 |   |   |   |   | 5 |   |   |

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