

JULY 2023

DELIVERED MONTHLY TO 10,845 HOUSEHOLDS

SOUTHEAST LIFE

COPPERFIELD AND MAHOGANY COMMUNITY NEWSLETTER



Because you want the best for them



McKENZIE ORTHODONTICS
Certified Specialist in Orthodontics

FREE CONSULTATION  **invisalign**
The Clear Alternative to Braces

403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

www.evergroup.ca

ever

G R O U P

Where Productivity Meets Experience

With our marketing expertise, you'll receive maximum exposure locally, nationally, and globally, with proven results. Our results-driven approach ensures that your unique needs are not only met but exceeded. We are available 24/7 to provide personal support and draw on our extensive network of real estate professionals, industry partners, and custom builders to provide you with a world-class experience. Our intimate insights into the Calgary real estate market have earned us an impeccable track record of success. Contact us today and let us take care of you.

Let us help you find your forEVER home.
Elevate your experience.

Services

- Professional and Award Winning Photography and Videography
- Premium Floor Plans and RMS
- Professional Staging - Virtual or In-Home
- Detailed Property Exposure Book
- Social Media Campaign for Your Home
- Global and Local Network
- Geographic Targeted Marketing

Call today for your free home valuation!



Ryan Preuter
403.690.1180

Mark D. Evernden
403.829.3776

HIGHSTREET dental

*Helping you
to improve
your smile!*

*We bill in accordance
with the ADA Fee
Guide Prices*

*We direct bill
your insurance*

*Open evenings on
Saturdays & Sundays*



**Dr. Jordan Loewen, Dr. Jeff Seckinger,
Dr. Patricia Tsang**
General Dentists

**Call today and book your
free teeth whitening**
included with your complete exam,
x-rays, and cleaning



☎ 403-236-1200

**📍 50 High Street SE,
Calgary, AB**

🌐 www.highstreetdental.com

New Patients Welcome

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	41	42	\$609,450	\$612,250
April	23	50	43	\$615,000	\$615,000
March	23	53	46	\$564,950	\$565,000
February	23	34	14	\$549,900	\$550,000
January	23	24	26	\$604,944	\$588,450
December	22	15	21	\$624,900	\$614,900
November	22	22	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
June	22	51	34	\$589,000	\$586,500

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
May	23	54	53	\$449,900	\$460,000
April	23	30	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
June	22	56	53	\$374,900	\$375,000

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

CONTENTS

- 6 COMMUNITY ASSOCIATION INFORMATION
- 9 MOVIE IN THE PARK
- 12 THE BEST PRACTICES TO MAINTAIN FRESH AND YOUTHFUL SKIN
- 17 RECIPE: MOROCCAN STYLE MEATBALLS
- 28 BUSINESS CLASSIFIEDS



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

MAHOGANY



COPPERFIELD



www.facebook.com/cmcommunity.ca

www.cmcommunity.ca

6 Copperstone Way SE, Calgary, AB, T2Z 0E7

We can be reached by phone at 403-532-8864
or by email at info@cmcommunity.ca
Hall Hours: By appointment only

POSITION	NAME	Contact Email
President	Nicole Marr	president@cmcommunity.ca
Vice President	Jason London	vicepresident@cmcommunity.ca
Treasurer	Jeannie Stace-Smith	treasurer@cmcommunity.ca
Secretary	This Could Be You!	
Facility Manager	This Could Be You!	facilities@cmcommunity.ca
Rink Coordinator	Matt Wright	copperfieldrink@gmail.com
Hall Rentals, Programming, Memberships	Maggie Hampton	info@cmcommunity.ca
Social Events Coordinator	This Could Be You!	events@cmcommunity.ca
Schools Liaison	Regan Forsyth	schools@cmcommunity.ca
Communications Coordinator	Inna Kniazieva	newsletter@cmcommunity.ca
Neighbourhood Watch	Jason Fiander	copperfieldwatch2019@gmail.com
Development and Planning Coordinator	Stan Benedek	
Member at Large	Hayley Bell	
Member at Large	Rob Aronson	
Member at Large	Paula Lanh	
Member at Large	Rob Shaw	

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!



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.



STAMPEDE LUNCH

AT AUBURN BAY STATION

JOIN US FOR
FOOD & FUN!

JULY 8TH

11AM TO 3PM
100 AUBURN MEADOWS DRIVE SE

LIVE COUNTRY BAND

PONY RIDES | PETTING ZOO | FACE PAINTERS
SNOW CONES | POPCORN | BURGERS | HOT DOGS

PRESENTED BY



CASADONA
PROPERTIES

Your Patio Furniture Superstore!

Wicker Land Patio

YETI | weber | TRAEGER | RATANA

BBQ LAND | **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee

403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

UNTEERS NEEDED ! VOLUNTEERS NEEDED ! VOLUNTEERS NEE

SAVE
DATE

MOVIE



IN THE PARK
SATURDAY | 9 SEPTEMBER | 6 PM

SPONSORSHIP OPPORTUNITIES AVAILABLE!

Email to fundraising@cmcommunity.ca

Follow for event updates on our
Facebook page OR visit
www.cmcommunity.ca



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.

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE





MATS
Commercial mat rentals and purchases



HOSPITALITY SERVICES
Linen for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR
Workwear and cleaning of uniforms and coveralls



CLEANING
One-stop service for cleaning supplies and paper products

calgarymatandlinen.com




CERTIFIED NEGOTIATIONS SPECIALIST
FULL SERVICE REALTOR
MARTA RACZKOWSKA
403-667-7220 | marta@royallepage.ca
www.docalgaryrealestate.com



CERULEAN

PLASTIC SURGERY CENTRE

Cosmetic Injectables | Lasers | ThreadLifts | Chemical Peels

Non-surgical consults are complimentary! Call us today or book online

ceruleanplasticsurgery.com

Suite 385 - 11012 Macleod Trail SE, Calgary, AB T2J 6A5
Ph: 403-225-2141 F: 403-271-4546

 Cerulean Plastic Surgery Centre
 @ceruleanplasticsurgery



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

The Best Practices to Maintain Fresh and Youthful Skin

by Inna Kniazieva, Holistic Lifestyle Coach



Maintaining fresh and youthful-looking skin is a goal for many individuals. While genetics play a role in determining skin health, there are effective practices you can adopt to promote a vibrant and youthful complexion.

Follow a Consistent Skincare Routine: A basic routine should include cleansing, toning, moisturizing, and protecting your skin from the sun. Choose pH-balanced cleansers that effectively remove impurities without stripping away natural oils. Follow with a toner to balance the skin and enhance its ability to absorb moisture. Finally, apply a moisturizer suited to your skin type to keep it hydrated and supple.

Protect Your Skin from Sun Damage: A systematic review published in the *Journal of Dermatological Science* analyzed multiple studies on the efficacy of sun-protective measures. It concluded that consistent use of sunscreen, along with other sun protection methods such as seeking shade and wearing protective clothing, significantly reduced the risk of photoaging and skin cancer.

Stay Hydrated: Proper hydration helps flush out toxins and keeps your skin cells plump and healthy. Aim to drink at least eight glasses of water each day and increase your intake during hot weather or physical activity.

Get Sufficient Sleep: During sleep, your body repairs and rejuvenates itself, including the regeneration of skin cells. Lack of sleep can lead to dull skin, fine lines, and dark circles. Strive to get seven to eight hours of quality sleep each night to allow your skin to replenish and restore itself.

Manage Stress Levels: Find healthy ways to manage stress, such as engaging in regular physical activity, practicing relaxation techniques like yoga or meditation, or pursuing hobbies you enjoy. Taking time for self-care and prioritizing your mental well-being can positively impact your skin's appearance.

Avoid Smoking and Limit Alcohol Consumption: Smoking reduces blood flow to the skin, depletes essential nutrients, and causes collagen and elastin breakdown. Similarly, excessive alcohol intake dehydrates the skin and can lead to inflammation and the formation of wrinkles.

Eat a Nutrient-Rich Diet: Studies suggest certain foods contain essential nutrients for our skin, which can help stimulate collagen production.

Here are a few examples:

A study published in the *American Journal of Clinical Nutrition* found that higher vitamin C intake was associated with a lower likelihood of wrinkled appearance and skin aging in middle-aged women. Foods high in vitamin C include citrus fruits, strawberries, kiwi, bell peppers, broccoli, and spinach.

Consuming foods that are abundant in Proline and Glycine amino acids (include dairy products, cabbage, asparagus, and mushrooms, bone broth, gelatin, pork skin, and chicken skin) can support collagen production.

Including foods with high antioxidant content in your diet can improve skin elasticity and reduce wrinkle formation. Foods rich in antioxidants include berries (such as blueberries, raspberries, and strawberries), dark leafy greens (like kale and spinach), nuts, seeds, and green tea.

According to a study published in the *Journal of Investigative Dermatology*, a higher intake of healthy fats, including omega-3 fatty acids found in foods like salmon, was associated with a lower likelihood of dry skin.

Maintaining fresh and youthful skin requires consistent effort and a holistic approach. By following these best practices you can maintain healthy-looking skin for years.

The Landscape Artist Inc.



Award winning design and construction

403.256.2252

www.landartist.com

Contact us to schedule a free onsite consultation



We are providing our award winning landscaping design and construction services in your area!

Pools & Spas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls

Watch our interview with Bryan Baeumler



New Patients Welcome

For your convenience, we accept **direct billing** and follow the **ADA Fee Guide**.

- Family Dentistry
- Dental Cleanings & Check-ups
- Crowns, Bridges and Implants
- Root Canal Treatments
- Invisalign®, Botox
- Cosmetic & Restorative Smile Makeovers
- Same-Day Emergencies



Our Clinic Hours of Operation

M, T, W: 10:00am - 6:00pm
 Th, F: 8:00am - 4:00pm
 Saturday (2/mo): 8:00am - 2:00pm

MAHOGANY VILLAGE DENTAL



Dr. Navjeet Multani

147 Mahogany Centre SE, Calgary, AB T3M 2V6
(403) 453-7077 | www.mahoganyvillagedental.com



ONLINE BOOKING AVAILABLE



Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



**Building to the highest quality,
with integrity and honesty.**

Residential Construction and Renovation Services
Decks, Fences, Bathrooms, Kitchens, Basements, & More

Echelonconstruction.ca
403-903-2744
tmoriarty@echelonconstruction.ca



THE
**BRITISH
CHIPPY**
LTD

**SERVING TRADITIONAL
FISH AND CHIPS**

We use our Grandmother's Recipes
and the Finest Ingredients.

**Organic Potatoes • Wild-Caught Fish
Non-GMO Oil • Mushy Peas
Traditional Meat Pies • Battered Sausage**

Thank you to all of our wonderful customers
for voting us **BEST FISH & CHIPS**

**Okotoks
Patio
NOW OPEN**

TWO LOCATIONS – OPEN WED TO SUN

Bridlewood, 2335 162 Ave SW, Calgary **403-256-1156**

Okotoks, 94 Elizabeth Street, Okotoks **587-757-9995**

f i www.thebritishchippy.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!

Volunteering Survey



Garage Organizing Ideas: Transform Your Cluttered Space into a Functional Haven

by Inna Kniazieva, Holistic Lifestyle Coach

A cluttered garage can be a source of frustration and wasted space. However, with the right organizing ideas, you can transform your garage into a functional and efficient space. In this article, we will explore practical tips and creative solutions to help you organize your garage and make the most of the available space.

Declutter and Sort

The first step in organizing your garage is to declutter and sort through your belongings. Categorize items into groups such as tools, sports equipment, gardening supplies, and seasonal items. Donate or dispose of items you no longer need or use, creating more space for essential items.

Utilize Wall Space

Maximize vertical storage by utilizing wall space. Install sturdy shelves or open racks to store frequently used items within easy reach. Pegboards are excellent for hanging tools and smaller items, keeping them organized and visible. Consider utilizing hooks or specialized hangers for larger items like bicycles, ladders, and garden tools, freeing up valuable floor space.

Create Zones

Designate specific zones in your garage to streamline organization. Create a workbench area for DIY projects, complete with a pegboard for tools. Dedicate a section for sports equipment, installing bins or cubbies for each activity. Establish a gardening corner with shelves for pots, tools, and supplies. By assigning areas for different purposes, you can easily find and access items when needed.

Use Clear Containers and Labels

Invest in clear plastic containers to store and organize smaller items. Transparent containers allow you to see the contents at a glance, eliminating the need to rummage through multiple boxes. Label each container clearly, providing a quick and efficient way to locate items. This method is particularly useful for storing seasonal decorations, screws, nails, and other small hardware items.

Consider Overhead Storage

Maximize overhead space by installing overhead storage racks or utilizing the ceiling area to hang larger, infrequently used items. This can include items like camping gear, holiday decorations, or bulky items. Be sure to follow proper weight capacity guidelines and safety precautions when installing overhead storage systems.

Transforming your cluttered garage into an organized and functional space is achievable with a strategic approach. By decluttering, utilizing wall space, creating designated zones, using clear containers, and considering overhead storage, you can regain control of your garage and enjoy the benefits of an organized space that meets your needs.

Get started on your garage organization journey today!



- ✓ Kitchens, Bathrooms, Basements
- ✓ Laminate Flooring & Ceramic Tiling
- ✓ Framing & Finish Carpentry
- ✓ Painting & Drywall
- ✓ Minor Plumbing & Electrical
- ✓ Decks, Fences, & Concrete Repair



403-542-7485

m5gconstructionservices.com

Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

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



Copperfield | MAHOGANY
COMMUNITY ASSOCIATION

Calgary



MAHOGANY | HOMEOWNERS ASSOCIATION

The Science of Colour: How to Match Colours for Personal Style and Interior Design

by Inna Kniazieva, Holistic Lifestyle Coach

Colour plays a vital role in our lives, influencing our emotions, moods, and perceptions. Whether it's choosing an outfit that reflects our personal style or designing the perfect interior space, understanding the science of colour can greatly enhance our ability to create harmonious and visually appealing combinations.

The Basics of Colour Theory

Before delving into the art of colour matching, it is essential to grasp the basics of colour theory. The colour wheel is a useful tool in understanding colour relationships. The primary colours—red, blue, and yellow—are located at equidistant points on the wheel. By combining these primary colours, we can create secondary colours—orange, green, and purple. Further mixing primary and secondary colours yields tertiary colours.

Complementary Colours

Complementary colours are those that appear opposite each other on the colour wheel. They create a vibrant contrast and tend to intensify each other. For personal style, incorporating complementary colours can make a bold statement. For instance, pairing a deep blue blouse with a mustard yellow skirt can create a striking and fashionable look.

In interior design, complementary colours can be used to create a focal point. A popular combination is blue and orange, where a navy-blue sofa can be complemented by orange throw pillows or accent pieces.

Analogous Colours

Analogous colours are adjacent to each other on the colour wheel and share a similar undertone. When selecting analogous colours for personal style, consider combining shades of the same colour family. For instance, pairing a light pink blouse with a dusty rose pants can create an elegant and sophisticated look.

In interior design, a living room with various shades of green, such as sage, mint, and forest green, can create a soothing and nature-inspired ambiance. Adding hints of a contrasting colour, such as a few yellow throw pillows, can add visual interest without disrupting the overall harmony.

Triadic Colours

Triadic colour schemes involve three colours that are equidistant from each other on the colour wheel, forming a triangle. This combination provides a balanced yet vibrant look.

In interior design, for example, a child's playroom could incorporate a combination of red, blue, and yellow, creating a vibrant and stimulating environment.

Understanding Undertones

Another crucial aspect of colour matching is understanding undertones. Colours have warm or cool undertones, which can greatly impact their compatibility. Warm undertones, such as yellows, oranges, and reds, create a cozy and inviting atmosphere. Cool undertones, such as blues, greens, and purples, evoke a sense of calmness and serenity.

For example, if you have warm undertones in your skin, earthy colours like terracotta, mustard, and olive green may complement your complexion. In interior design, pairing cool undertones, like a blue-gray wall colour, with warm undertones, such as a wooden floor or furniture, can create a visually pleasing contrast.

Experimentation

While colour theory provides a foundation for understanding colour relationships, it's important to remember that personal preference and experimentation play significant roles in colour matching. Sometimes, the most unexpected pairings can result in stunning and innovative designs.

In conclusion, mastering the science of colour and learning how to match colours for personal style and interior design can significantly enhance your creative endeavors.

Happy colour matching!



How to Stay Fit Doing Your Daily Routine: Incorporating Seamless Exercise into Your Day

by Inna Kniazieva, Holistic Lifestyle Coach



In today's fast-paced world, finding time for exercise can be a challenge. Balancing work, household chores, and family responsibilities often leaves little room for dedicated workout sessions. However, there's good news – you can stay fit and active by incorporating seamless exercises into your daily routine. These exercises can be performed while working on your computer, cooking food, playing with your kids, or engaging in other daily activities.

Deskercises: Incorporate simple exercises like stretching, leg raises, and chair squats. Take short breaks every hour or so to stand up, stretch, and perform a few repetitions of these exercises. You can also opt for an active sitting device, such as an exercise ball or a standing desk, to engage your core and promote better posture.

Active Household Chores: Household chores present numerous opportunities to burn calories and get your heart rate up. Engage your core muscles while doing

dishes or cleaning by consciously contracting and releasing them. 30 minutes of vacuuming, sweeping, and mopping can also double as effective cardiovascular exercises and help burn around 100 to 150 calories, which equals two to three tablespoons of maple syrup.

Playtime with Kids: Make the most of playtime with your children by turning it into a workout session. Join in their games, such as tag or hide-and-seek, which involve running, jumping, and crawling. Play catch with a ball, go for a family walk or bike ride, or engage in a friendly dance-off.

Active Commuting: If feasible, incorporate active commuting into your routine. Instead of driving, consider walking or biking to pick up your coffee in the community café. This not only helps you stay fit but also reduces carbon emissions and promotes a greener lifestyle.

Take the Stairs: Whenever possible, choose the stairs over elevators or escalators. Climbing stairs is a great way to get your heart rate up, engage your leg muscles, and burn calories. Challenge yourself to take the stairs at work, in shopping malls, or when visiting friends.

Static Exercises: These exercises can be done discreetly throughout the day, even while engaging in other activities. Some examples include:

- **Wall Sit:** While brushing your teeth, take the opportunity to do a wall sit. Stand against a wall with your back straight and slide down until your thighs are parallel to the floor. Hold the position for as long as you can, gradually increasing the duration over time.
- **Plank:** During breaks or while waiting for food to cook, perform a plank exercise. Rest your forearms on the floor, with elbows directly under your shoulders. Extend your legs straight behind you, supporting your body weight on your forearms and toes. Keep your body in a straight line, engaging your core muscles. Start with holding the position for 20 to 30 seconds and gradually increase the time as your strength improves.
- **Calf Raises:** Whenever you're standing in line or waiting for something, do some calf raises. Stand with your feet hip-width apart, raise your heels off the ground, and balance on the balls of your feet. Lower your heels back down and repeat. This exercise helps tone your calf muscles.

TAKE ACTION TODAY!

SAVE ON HIGH INSURANCE PREMIUMS!

Alberta residents and businesses can save up to 60% on their insurance premiums when they insure with us.

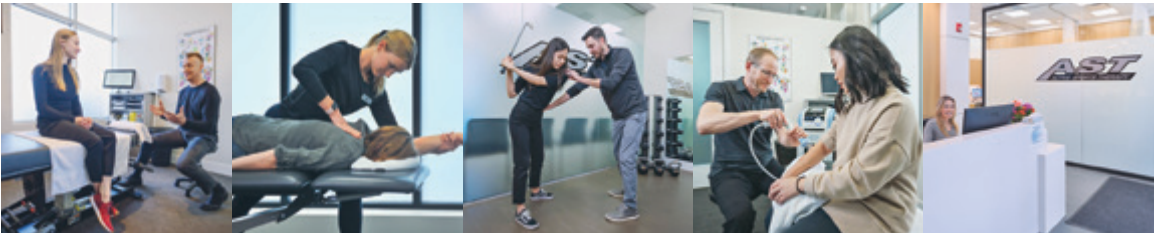
Call us today at 403-451-6145

or visit us online at www.actioninsurancegroup.com for a free, no obligation quote.



ACCREDITED
BUSINESS

- Independently owned local brokerage
- Proud partners of the BBB A+ Rating
- Serving Calgary and Strathmore area since 2007
- Offering home, auto, recreational, and commercial quotes



Active Sports Therapy

WILLOW PARK WESTMAN VILLAGE

- Chiropractic
- Active Release Techniques
- Shockwave
- Physiotherapy
- Muscle Activation Technique
- Exercise Rehab
- Massage
- Integrated Medicine
- Holistic Nutritional Consulting
- Laser Therapy
- Naturopathic Medicine
- Traditional Chinese Medicine



ActiveSportsTherapy.ca



AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780





**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

29 Masters Park SE, Calgary, AB, T3M 2C1 • Ph: 403-453-1221
 Fax: 403-474-1202  <https://www.facebook.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	pem@mahoganyhoa.com
Programs	Connor Luitwieler	programs@mahoganyhoa.com
General Inquiries		reception@mahoganyhoa.com
Volunteer Opportunities		info@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**

**WE ARE PROUD TO PARTNER WITH
KIDSPORT CALGARY TO OFFER
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 or email kailiparkinson@gmail.com to learn how to get your little one registered.

2023 SUMMER CAMPS

Our Summer Camp programs are so much more than just childcare, they're an opportunity for your child to create unforgettable experiences and learn new things! The crafts, games, and activities that we plan will help your child broaden their horizons, and develop their social, physical, cognitive, and emotional abilities.

With access to the lake and beaches, gymnasium, multiple rooms, outdoor fields, and wetlands, our campers will enjoy endless possibilities. **We have officially announced our field trips for Summer Camps 2023**, which you can view by scanning the QR code below!

Week & Theme	Start Date	End Date	Days	Price		
				R	CMCA	NR
Week 1: True North	July 4	July 7	4	\$255.00	\$265.00	\$275.00
Week 2: Up & Atom	July 10	July 14	5	\$315.00	\$330.00	\$345.00
Week 3: When We Grow Up	July 17	July 21	5	\$315.00	\$330.00	\$345.00
Week 4: Lost in Time	July 24	July 28	5	\$315.00	\$330.00	\$345.00
Week 5: The Mahogany Games	July 31	August 4	5	\$315.00	\$330.00	\$345.00
Week 6: Expedition Earth	August 8	August 11	4	\$255.00	\$265.00	\$275.00
Week 7: Globetrotters	August 14	August 18	5	\$315.00	\$330.00	\$345.00
Week 8: Colour the World	August 21	August 25	5	\$315.00	\$330.00	\$345.00
Week 9: Once Upon a Summer	August 28	September 1	5	\$315.00	\$330.00	\$345.00
	August 28	August 30	3	\$190.00	\$200.00	\$210.00



Scan to view more information!

MAHOGANY

HOMEOWNERS
ASSOCIATION

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



Green Line Early Works Construction to Pause For Stampede

from the City of Calgary



Green Line's current Beltline and downtown early works projects will be paused prior to July 7, 2023, in time for the opening day of the Calgary Stampede.

To make way for the future Green Line stations and tunnel, construction is underway, moving the utilities in downtown and Beltline. The project will relocate underground, street-level, and overhead utilities, including City sanitary, water, stormwater, and more.

Green Line early works projects will be paused before the Calgary Stampede, to accommodate for the high event traffic. That means equipment and blockades will be moved, and traffic lanes will be restored to make it easier to get around during the Greatest Show on Earth.

This summer, Green Line will also begin construction in the community of Ogden with work present on 78 Ave SE, 69 Ave SE, and near 72 Ave SE. This work will continue through the Calgary Stampede as construction is not expected to impact downtown accessibility.

To learn more about Green Line construction, including work details, and impacts, visit calgary.ca/GreenLineConstruction.



ANITA MORTGAGE

AVENUE | Financial
Real Estate Solutions



SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays. Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES



SEALED **UNSEALED**

KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates to 403.870.0737

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

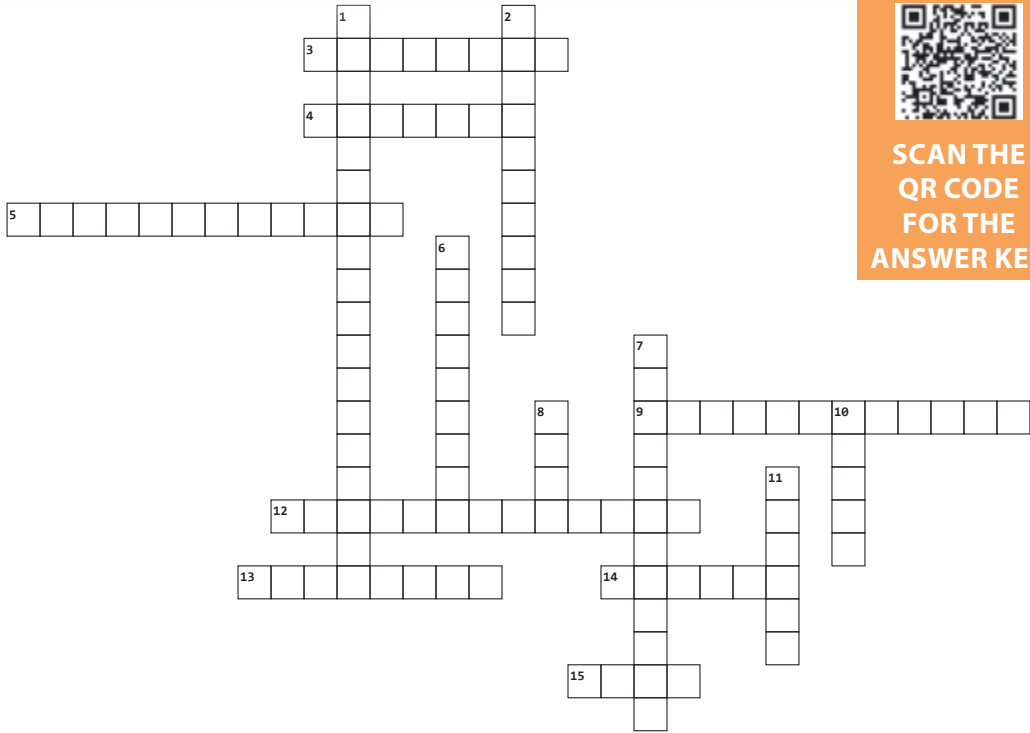
Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

**For business classified ad rates contact
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca**

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Mahogany and Copperfield. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

MAHOGANY | COPPERFIELD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

EXPRESS APPLIANCE REPAIR: We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

BUSINESS CLASSIFIEDS

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Mahogany? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

LANDSCAPING SPECIALISTS: AS/F Contracting specializes in concrete installation & removal, decks, fences, sod, retaining walls and paving stones. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com.

AFFORDABLE DENTAL CARE MINUTES FROM MAHOGANY | COPPERFIELD! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

LOOKING FOR BETTER BUSINESS PERFORMANCE AND RETURNS? Crescent Solutions Inc. will deliver your business' unique insights and advantages to your devices daily, in real-time, to enable you to make immediate, data-driven decisions that will positively impact the bottom line. Remotely monitor your operations and growth 24/7. Very affordable. Achieve more! Contact us: 587-722-1969 | www.crescentsolutionsinc.com/contact-us.

CROWN RENOVATIONS: Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PAINTING: Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. www.elementpaintinginc.ca. Thank you.

"THE REAL ESTATE MOTHER", MARTA RACZKOWSKA: Your Full Service Realtor Celebrating 10 years in the Real Estate Business. Here to help you genuinely succeed to your highest potential. Offering Buyer and Seller Consultations, Home Evaluations, Complimentary Real Estate Portfolio Analysis & Annual Portfolio Reviews. Visit www.docalgaryrealestate.com or text 403-667-7220 to request and schedule your appointment.

WINDOW AND DOOR SCREEN REPAIR AND REPLACEMENT SERVICE: Screen-Appeal is a full-service, locally owned and operated mobile screen shop for all your screen needs. We specialize in custom-made window screens, sliding screen patio doors and more. We are also a proud dealer of Phantom Retractable Screens. Contact us today at www.screen-appeal.ca or info@screen-appeal.ca.

COPPER RIDGE ELECTRICAL SERVICES LTD.: Master Electrician available in Mahogany | Copperfield for all your electrical needs. Basement developments, garages, hot tubs, pot lights, renovations, troubleshooting, service upgrades, or anything else you need. Competitive rates and free quotes! Licensed and insured. Call or text Mike at 403-542-3278.





**Now Accepting Registrations
for the 2023-2024 Dance Season**

**BRAND NEW 7,000 SQ.FT.
TRAINING FACILITY LOCATED
IN SOUTHEAST CALGARY!**



**Ballet | Jazz | Tap | Hip Hop
Musical Theatre | Acro
Contemporary | Lyrical**

226/230 – 5126 126 Ave. SE. | 403 251 6472 | director@ultimatedanceco.com | www.ultimatedanceco.com

SOUTH FAMILY DENTAL

**FREE TEETH WHITENING OR
ELECTRIC TOOTHBRUSH**

**With complete exam, x-rays, & cleaning*



**CALGARY
OWNED AND
OPERATED**

FEMALE AND MALE DENTISTS AVAILABLE

403.262.3235

www.southfamilydental.com

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

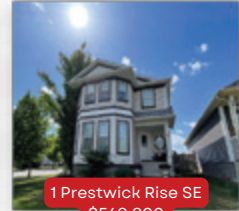
All services provided by our General Dentists and Orthodontist

Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, Dr. K. Toucher, & Dr. A. Vilaysane – General Dentists | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

MIKE BURTON

RE/MAX
Home Team

Over 1100 Homes
SOLD since 2003!



Our NEXT EVENT
in Mahogany
Mahogany Beach Blaster
July 22nd 12-4pm
at the Main Beach Club

LivingInMahogany.com

403-257-6688



RE/MAX
REALTY
Professionals