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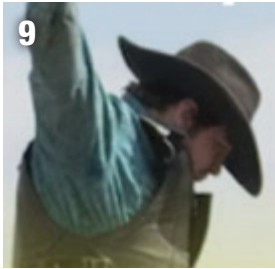
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The Copperfield Mahogany Community Association (CMCA) is an organization formed by the residents of both Copperfield and Mahogany:

- 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](mailto: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](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.



If you'd like to learn more about these opportunities,  
please email [fundraising@cmcommunity.ca](mailto:fundraising@cmcommunity.ca)

# SOMETHING REALLY BIG IS COMING...

Is your business looking for a way to connect  
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# Swim Safe This Summer: Reminder for Water Safety in Lakes

by Inna Kniazieva, Holistic Lifestyle Coach



Living near a lake can provide a lot of fun and excitement, especially during the summer months. But when it comes to water safety, it's important to remember that accidents can happen to anyone, regardless of their familiarity with the lake. Here are some tips on water safety in lakes for the summer season, including some surprising research on the colour of swimsuits that can potentially save lives.

**Always Supervise:** Even if you are an experienced swimmer and know the area well, it's important to always supervise children and inexperienced swimmers when they are in or around the water. Make sure there is always an adult watching them, and never leave them unattended.

**Teach Swimming:** Knowing how to swim is crucial when it comes to water safety, so it's important to teach children and inexperienced swimmers how to swim. Enroll them in swimming lessons, and make sure they practice their swimming skills regularly.

**Swim with a Buddy:** Swimming with a friend or family member is always a good idea. Not only can they provide help in an emergency, but they can also serve as a reminder to take breaks and stay hydrated.

**Wear Life Jackets:** Even if you are a strong swimmer, it would not hurt to wear a life jacket when you are in the water. Make sure the life jacket fits properly and is designed for the type of water activity you will be doing. Always put a life jacket or water wings on children.

**Know the Area:** While you may be familiar with the lake, it's important to know the area where you will be swimming. Make sure you know the depth of the water, the location of any underwater obstacles, and the location of any emergency equipment like life buoys or first aid kits.

**Avoid Staying in the Water for too Long:** Even if the water is warm and inviting, prolonged exposure to the water can lead to fatigue, cramps, and hypothermia. Make sure to take regular breaks from swimming and get out of the water if you start to feel tired or cold.

**Stay Away from Boats:** Boats can be dangerous to swimmers, especially if they are moving at high speeds. Make sure you know the designated swimming areas and stay away from boats and docks.

**Choose the Right Swimwear:** Studies have shown that the colour of your swimwear can have an impact on your visibility in the water. Bright, neon colors like yellow, orange, and pink are easier to spot in the water than darker colors like black or navy. Consider choosing swimwear in bright colours to make yourself and your kids more visible to others.

In conclusion, staying safe while swimming in a lake requires a combination of preparation, awareness, and caution. By following these easy tips, you can help ensure a safe and enjoyable time in and around the water. Remember, it's always better to err on the side of caution when it comes to water safety.

# Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Marinade Time:** 6 to 24 hours

**Servings:** 3 to 4

**Ingredients:**

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

**Directions:**

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!



# Garage Sale Season is On!

The sun is shining, the flowers are about to bloom, and that means it's garage sales season! All residents are invited to participate in our community-wide garage sales event.

The first event will be the Annual Mega Parade of Garage Sales - Featuring Auburn Bay, Copperfield, Mahogany, McKenzie Towne, and New Brighton. It's on June 10 from 9:00 am to 2:00 pm.

Mark your calendars and come out to enjoy the garage sales event! This is a great opportunity to explore the community, meet your neighbours, and maybe even find some hidden treasures.

We will be sharing any upcoming garage sale events on our Facebook page, so follow us to keep posted.



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### UPCOMING MEETINGS

- 09 May, 2023 | New Brighton Clubhouse
- 18 May, 2023 | Copperfield Community Hall
- 24 May, 2023 | Mahogany Beach Club
- 8 June, 2023 | Copperfield Community Hall
- 13 June, 2023 | Mahogany Beach Club
- 21 June, 2023 | Cranston Century Hall
- 27 June, 2023 | New Brighton

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## 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](mailto:PRESIDENT@CMCOMMUNITY.CA)

# Fueling Your Child's Day: Healthy Lunchbox Ideas

by Inna Kniazieva, Holistic Lifestyle Coach

As parents, we all want our kids to eat healthy and nutritious food, especially when they're at school or out of home for any other activities, such as camping. Packing a healthy lunchbox is a great way to ensure that your child is getting the nutrients that they need to stay energized and focused throughout the day.

Here are some ideas for healthy lunchboxes that your child will love:

**Sandwiches:** Sandwiches are a lunchbox staple, and they're a great way to incorporate a variety of healthy ingredients. Use whole grain bread and fill with lean protein, such as turkey or chicken, and veggies like lettuce, tomato, and cucumber. Avoid using processed meats and sugary condiments like ketchup.

**Wraps:** Use a whole wheat wrap and fill with lean protein, such as grilled chicken or tofu, and veggies like spinach, carrots, and avocado.

**Salads or Veggie Sticks:** Salads are a great way to incorporate a variety of vegetables and fruits into your child's diet. You can make a pasta or rice salad with a variety of colourful vegetables, or a leafy green salad with chicken or tofu for protein. Dress the salad with a healthy dressing made from olive oil, vinegar, and herbs. You can also make veggie sticks. Pack a variety of colourful vegetable sticks such as carrots, celery, bell peppers, and cucumber, and pair them with a hummus or tzatziki dip.

**Hard-Boiled Eggs:** Eggs are a great source of protein and are easy to prepare ahead of time. Pack a couple of hard-boiled eggs with a side of whole wheat crackers and veggies.

**Fruit:** Fresh fruit is a healthy and delicious addition to any lunchbox. Choose a variety of colourful fruits such as strawberries, blueberries, oranges, or sliced apples. Be mindful with the fruits portion as some of it is really high in sugar. You can also add a side of yogurt or nut butter for dipping.

**Snacks:** Snacks are an important part of any lunchbox, but it's important to choose healthy options. Some

great options include cheese, whole-grain crackers, rice cakes, popcorn, or roasted chickpeas. You can also prepare trail mix by mixing nuts, seeds, and dried fruit for a nutritious and filling snack.

**Water:** Hydration is important for your child's health and well-being. Avoid packing sugary drinks, such as juice or soda, and opt for water instead. You can add fresh fruit or herbs to infuse the water with flavour.

When packing a healthy lunchbox, it's important to choose a variety of foods from different food groups to ensure that your child is getting all the nutrients they need. Make sure to include foods that your child enjoys eating, and involve them in the planning and preparation process to make it fun and enjoyable.

In conclusion, when preparing your child's lunchbox, be mindful of portion sizes and choose foods that are high in nutrients and low in sugar. By packing a variety of healthy foods, you can help ensure that your child is getting the energy and nutrients that they need to stay healthy and focused throughout the day. And be sure to provide both healthy lunchboxes and meals at home; in so doing, you're setting your child up for a lifetime of healthy eating habits.



# Summer Entertaining: Hosting Guests Outdoors

by Inna Kniazieva, Holistic Lifestyle Coach

When summer is in full swing, it's time to start planning your outdoor gatherings and setting up your table with delicious summer drinks and foods. Whether you're hosting a small dinner party, a backyard barbecue, or a casual get-together with friends, there are several things you can do to make your outdoor entertaining experience a success.



Here are some tips to help you host guests outdoors and set up a table with summer drinks and foods:

**Choose a Theme:** Selecting a theme for your outdoor gathering can help you create a cohesive and memorable experience for your guests. Consider themes like a tropical luau, a beach party, or a classic backyard barbecue. Once you have a theme in mind, you can choose decor, music, and food and drink options to suit the occasion. You can also ask your guest to follow a themed dress code and make a small “best dressed” competition.

**Set Up Your Table:** When it comes to setting up your outdoor table, simplicity is key. Consider using natural materials like wood, bamboo, or linen for your tablecloth and napkins. Use fresh flowers, succulents, or greenery to create a centerpiece that fits your theme. Opt for reusable plates, cups, and utensils to reduce waste and add a touch of elegance to your table setting.

**Provide Shade:** Summer can bring intense heat and sun exposure. Consider adding a shade sail, umbrella, or pergola to your outdoor area to provide protection from the sun. You can also add outdoor curtains or a canopy to create a cozy and private space for your guests to relax and unwind.

**Serve Summer Drinks:** Refreshing summer drinks are a must for any outdoor gathering. Consider serving a signature cocktail, like a frozen margarita, mojito, or sangria. Offer non-alcoholic options like lemonade,

iced tea, or infused water for guests who prefer not to drink alcohol. Consider serving drinks in Mason jars or colourful glassware to add a fun and festive touch to your table.

**Offer Summer Foods:** When it comes to summer foods, the options are endless. Consider serving a variety of grilled meats and vegetables, fresh salads, and seasonal fruit. Offer light appetizers like bruschetta, hummus, or a charcuterie board to keep your guests satisfied until the main course is ready. For dessert, serve something light and refreshing like sorbet, fruit salad, or popsicles.

**Add Some Fun Activities:** Hosting guests outdoors offers the opportunity for fun and games. Consider adding a cornhole set, lawn darts, or a giant Jenga game to keep your guests entertained. You can also set up a phone tripod stand with Bluetooth remote and arrange fun props and backdrops for guests to capture memories of the event.

**Set the Mood with Music:** Music is a great way to set the tone for your outdoor gathering. Create a playlist of your favourite songs or choose a music streaming service that can play a variety of tunes to suit the occasion. Consider adding outdoor speakers or a portable sound system to ensure that everyone can hear the music (everyone in your party, but not your neighbours)! Be polite to those around you and don't turn up the music too loud, especially if you're having a late-night party. You can also warn your neighbours in advance to let you know if you disturb them.

By following these simple tips, you can create a memorable and enjoyable experience for your guests and make the most of your outdoor entertaining space this summer. Have fun!







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## 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
June 12	June 23
August 14	August 25
September 11	September 22
October 9	October 20
October 30	November 10
November 27	December 8

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

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

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





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## Wellness Reading

by Inna Kniazieva, Holistic Lifestyle Coach

*Flavor: The Science of Our Most Neglected Sense* by Bob Holmes is an informative and engaging book that explores the science behind our sense of taste and flavour. Holmes takes readers on a journey through the complex and fascinating world of flavour, drawing on research from a variety of fields to provide a nuanced and comprehensive understanding of this important sensory experience.



The book is divided into four sections, each of which focuses on a different aspect of flavour science. In the first section, Holmes provides an overview of the science of taste, explaining how our taste buds work and how different foods stimulate different taste receptors. He also discusses how our brains use this information to construct a perception of flavour, and how factors such as age, genetics, and medication use can affect our sense of taste.

The second section of the book is devoted to the science of smell, and how it interacts with our sense of taste to create the rich and nuanced flavours that we experience. Holmes explains how different smells can influence our perception of taste, and how this information is used by chefs and food scientists to create new and innovative food experiences. He also explores the importance of aroma in food and beverage production, and how it can be used to enhance the overall flavour experience.

The third section of the book focuses on the cultural and psychological factors that shape our perception of flavour. Holmes explores how our cultural backgrounds, childhood experiences, and personal preferences can all influence our taste preferences and the foods that we find appealing. He also discusses how factors such as advertising, social norms, and even the environment in which we eat can impact our enjoyment of food.

In the fourth and final section of the book, Holmes looks at the practical applications of flavour science, exploring how chefs and food scientists use their understanding of

flavour to create new and innovative food experiences. He discusses topics such as the art of flavour pairing, the science of umami, and the use of aroma in creating memorable food experiences. He also looks at the role of technology in food and beverage production, and how it is being used to create new and exciting flavour experiences.

One of the standout features of the book is Holmes' ability to explain complex scientific concepts in an accessible and engaging way. He uses clear and concise language, and includes a variety of anecdotes and examples to illustrate his points. This makes the book accessible to a general audience, and ensures that readers can come away with a thorough understanding of the science of flavour.

Another strength of the book is its interdisciplinary approach. By drawing on research from fields such as psychology, neuroscience, and anthropology, Holmes is able to provide a more comprehensive understanding of flavour that goes beyond just the biological mechanisms of taste. This ensures that readers come away with a nuanced and multifaceted understanding of the topic.

Overall, *Flavor: The Science of Our Most Neglected Sense* is a must-read for anyone interested in the science of food and flavour. Holmes' insights and explanations are informative and thought-provoking, and will leave readers with a newfound appreciation for the complex and fascinating world of flavour. The book is an excellent resource for foodies, scientists, and anyone who wants to better understand the science behind the flavours that we experience every day.



# Beach Vacation Capsule Wardrobe

by Inna Kniazieva, Holistic Lifestyle Coach

Packing for a beach vacation can be tricky because you want to be comfortable and stylish, but you also need to consider the heat, sand, and space in your luggage.

Consider creating a capsule wardrobe for your beach vacation, which means packing a few versatile pieces that you can mix and match to create multiple outfits.

Here's a suggested capsule formula for a two-week beach vacation wardrobe: four to five tops (a mix of bikinis, crop tops, t-shirts, and blouses), three to four bottoms (high-waisted shorts, linen pants or shorts, and a flowy skirt), two dresses (a maxi dress or a sundress, and a dress that can be dressed up for a night out), one to two cover-ups, one rattan bag, statement sunglasses, an oversized hat, a few pieces of jewelry, two to three pairs of shoes (sandals, flip flops, and wedges, if you like). Did you know that you can wear flip flops even with a gown? It's a hot trend now! Choose shoes that are comfortable for walking on sand and easy to take on and off.

Start by selecting a colour scheme for your capsule wardrobe: neutral or bright. For example, choose neutral colours like white, beige, and complement them with yellow. Choose all of your pieces in this colours.

Here are some trendy pieces to include in your beach vacation capsule wardrobe:

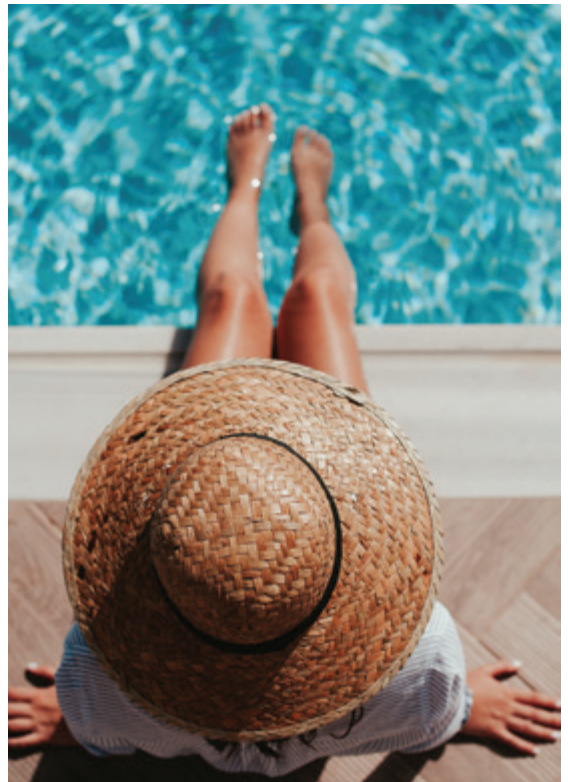
- Linen sets are lightweight, comfortable, and easy to mix and match. Pair a linen crop top with high-waisted linen shorts or a linen skirt for a chic and breathable outfit.
- Pack tank tops. They are perfect for layering in the evening and can be paired with shorts, skirts, and even a cami dress.
- You can wear denim shorts with a bikini top or a linen shirt for a casual beach look or dress them up with a flowy blouse for a night out.
- Mix crochet tops with linen bottoms or wear a crochet dress with sandals for a boho-inspired look.
- Wear a pull-over mesh dress over a swimsuit or opt for a high-waisted bikini with mesh detailing for a chic and edgy look.
- Cut-out swimwear is a hot trend this season. Mix and match different cut-out styles with high-waisted bottoms.

- Use a rattan bag to carry your beach essentials or pair them with a flowy dress or a linen set for a chic look.
- Protect your face from the sun while looking elegant with an oversized hat. Rather than at the beach, wear it with a flowy maxi dress for a glamorous touch.
- Opt for versatile swimsuit styles like a one-piece or a bikini with a reversible bottom.

## Making it Work for Everyone

Creating a capsule wardrobe can work for everyone, regardless of age or gender. For kids, pack a mix of shorts and t-shirts, as well as a few dresses or rompers. For men, pack a couple of pairs of shorts, t-shirts, and a collared linen shirt for evenings out. The key is to pack items that can be mixed and matched to create different outfits.

If you are travelling alone and want to have a laid-back vacation carrying just hand luggage, all you need is sunscreen, sunglasses, swimwear, a hat, flip flops, and linen set, regardless of your gender. Voila! You are the trendiest person on resort! Creating a beach capsule wardrobe can be a fun and practical way to ensure you have everything you need for your vacation; try it!



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

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For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website:  
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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)  
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### 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.

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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.

# 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.

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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



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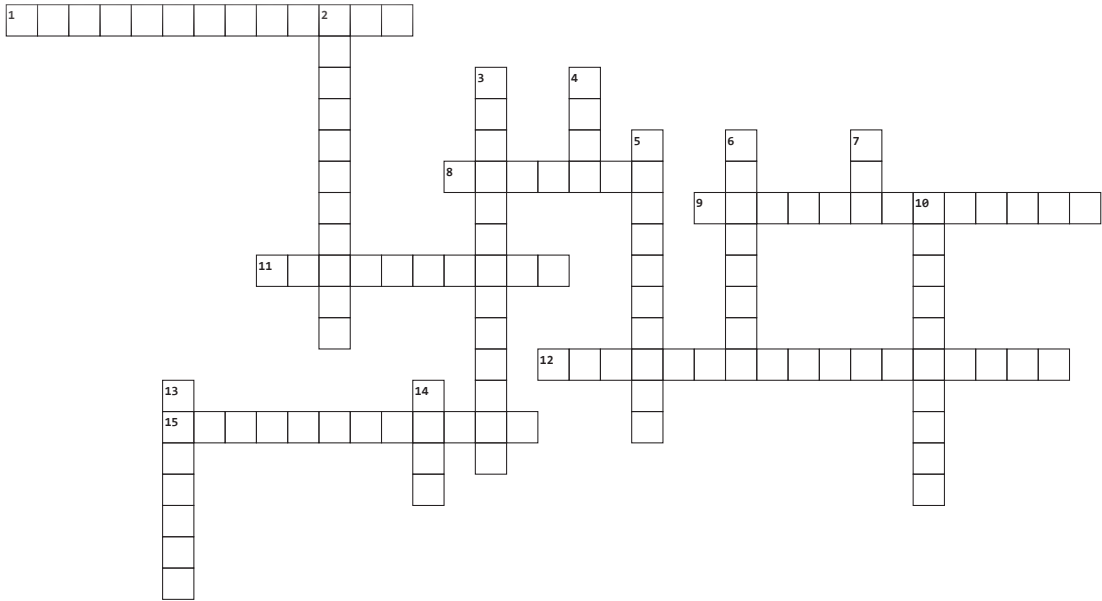
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# June Crossword Puzzle



## Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

## Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by \_\_\_\_\_ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National \_\_\_\_\_ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your \_\_\_\_\_ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

SCAN THE QR CODE FOR  
THE ANSWER KEY





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Ravioli, Lower Mount Royal



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	23	50	43	\$615,000	\$615,000
March	23	54	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	25	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
May	22	46	54	\$612,400	\$617,450

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
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
May	22	64	64	\$372,450	\$380,500

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