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WHAT TO DONATE



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

MAHOGANY



COPPERFIELD



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We can be reached by phone at 403-532-8864
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Hall Hours: By appointment only

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.

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.)

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!



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COMMUNITY ASSOCIATION

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



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FEDERATION OF
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November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced

- 3 tbsp. of fresh coriander leaves, finely sliced
- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!



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GAMES & PUZZLES

Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."




SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

8			5	1			9
			6	9	7		
		4		7			5
4	8						6
		2			4		
9						1	8
6				8	3		
		3	1	6			
7			3	5			2

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Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



The Good Food Box

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
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.



At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.


For more info, please contact: 403-210-8740 or naps@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.





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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/>

FACILITY COORDINATOR

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

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/>

SPONSORSHIP COORDINATOR

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Sponsorship Coordinator is someone who can help secure partnerships with local businesses and organizations to help facilitate events, as well as apply for various grants to help fund various community needs. A full description of the role is available at <https://cmcommunity.ca/blog/join-our-team-sponsorship/>.

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MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	37	35	\$649,900	\$635,000
August 23	41	42	\$644,900	\$641,500
July 23	58	36	\$614,950	\$620,750
June 23	59	63	\$639,900	\$642,000
May 23	36	42	\$609,450	\$612,250
April 23	46	43	\$615,000	\$615,000
March 23	50	46	\$564,950	\$565,000
February 23	33	14	\$549,900	\$550,000
January 23	24	26	\$604,944	\$588,450
December 22	15	21	\$624,900	\$614,900
November 22	21	32	\$591,650	\$581,720
October 22	27	30	\$637,650	\$621,840

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
September 23	42	30	\$419,900	\$425,500
August 23	39	52	\$419,950	\$417,500
July 23	42	36	\$394,950	\$409,950
June 23	43	34	\$437,450	\$457,450
May 23	54	53	\$449,900	\$460,000
April 23	29	34	\$425,000	\$461,250
March 23	36	26	\$364,950	\$359,950
February 23	18	15	\$349,999	\$350,100
January 23	16	14	\$355,000	\$353,000
December 22	9	12	\$374,400	\$365,200
November 22	14	22	\$374,900	\$372,950
October 22	18	31	\$474,900	\$457,500

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

The Copperfield Helping Hands



The Copperfield Helping Hands team is looking to brighten the lives of families, individuals and seniors right here in Copperfield, and we need your help this holiday season!

What We Are Doing To Help?

By adopting families, individuals, and seniors in the community of Copperfield we aim to assist those selected by providing a Christmas meal. It is also our goal to put a gift under the tree for each of the family members.

How Can You Help?

There are two ways in which you can help.

1. Nominate a family, individual, or senior in need. (Self nominations are very welcome).
2. Make donations that will be used to assist the families.

How Do I Nominate A Family?

- Please send an email to copperfieldhelpinghands@gmail.com.
- Provide the/your family's name and address (Must be a Copperfield resident).
- Provide approximate ages of any children and a description of their interests or clothing sizes for the purpose of the Christmas gift.
- Provide info regarding dietary restrictions and allergies.
- Provide a brief account of why you believe this family is in need of a helping hand this holiday season.

*Nominations close November 18

Donations

- We are not collecting donations yet. We will be organizing an online donation drive the week of November 20 and will put out a list of needed items once we determine the family's needs.
- Join the Copperfield Helping Hands group to stay up to date with what items we need donated. We will also be posting how to donate, so stay tuned for important instructions.

*Donations must be dropped off before December 18

All hampers and gifts will be delivered to the adopted families on December 20.

Thank you for your help and support!

Sincerely,

The Copperfield Helping Hands Team

Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



GOT DIGITAL?

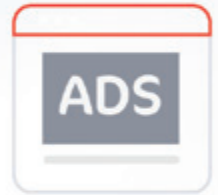
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What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.

CRIME STATISTICS



Mahogany Crime Activity was Down in September 2023

The Mahogany community experienced 2 crimes in September 2023, in comparison to 5 crimes the previous month, and 7 crimes in September one year ago. Mahogany experiences an average of 7.0 crimes per month. On an annual basis, Mahogany experienced a total of 84 crimes as of September 2023, which is down 28% in comparison to 116 crimes as of September 2022. To review the full Mahogany Crime report visit maho.mycalgary.com.

Copperfield Crime Activity was Down in September 2023

The Copperfield community experienced 3 crimes in September 2023, in comparison to 4 crimes the previous month, and 4 crimes in September one year ago. Copperfield experiences an average of 6.3 crimes per month. On an annual basis, Copperfield experienced a total of 76 crimes as of September 2023, which is down 28% in comparison to 105 crimes as of September 2022. To review the full Copperfield Crime report visit copp.mycalgary.com.

How To Report Crime In Mahogany | Copperfield: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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!



9 PM ROUTINE

 CALGARY POLICE SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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Find information, resources, and classes to help make decisions about your health.

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Upcoming FREE Programs in November & December 2023

Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This 2-part series will feature label reading, lower sodium substitutions and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

When: Meal Ideas: November 21 Noon – 1:00 pm.
Dips & Sauces: December 12 Noon – 1:00 pm.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: www.redcap.link/TastyLowSaltCooking.

Easy & Healthy Mediterranean Cooking

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

When: November 16 Noon – 1:30 pm.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: www.redcap.link/EasyHealthyMediterraneanCooking.

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Preventing Foodborne Illness

by Alberta Health Services



Shigellosis is a type of foodborne illness caused by infection with the *Shigella* bacterium. It is more common in summer than winter. Children ages two to four are most likely to get the condition.

What causes it?

Shigellosis is spread when the bacteria in feces (stool) or on soiled fingers are eaten. Poor handwashing habits and eating contaminated food may cause the condition. Shigellosis is often found in places where conditions are crowded, and sanitation is poor.

- Shigellosis is likely to occur among toddlers who are not fully toilet trained. Family members and playmates of infected children are also at high risk of becoming infected.
- Food may become contaminated by infected food handlers who do not wash their hands with soap after using the toilet.
- Vegetables can be contaminated if they are harvested from a field that has sewage in it. Also, flies can breed in infected feces and then contaminate food.
- Shigellosis can result from drinking or swimming in contaminated water. Water may become contaminated if sewage runs into it or if someone with shigellosis swims in it.
- Shigellosis also can be spread through sex, especially through anal and oral sex.

What are the symptoms?

Symptoms of shigellosis include diarrhea (often bloody), fever, and stomach cramps starting one or two days after you are exposed to the bacteria. Shigellosis usually lasts five to seven days. In some people, especially young children and older adults, the diarrhea can be so severe that a hospital stay is needed. Some people who are infected may have no symptoms at all but may still

spread shigellosis to others.

How is it diagnosed?

Because many different diseases can cause a fever and bloody diarrhea, lab tests are the best way to diagnose shigellosis. Your doctor will most likely still do a physical examination and ask you questions about your symptoms, foods you have recently eaten, and your work and home environments. A stool culture confirms the diagnosis. Blood tests may be done if your symptoms are severe or to rule out other causes.

How is shigellosis treated?

Shigellosis is usually treated with antibiotics. But some types of *Shigella* bacteria are not killed by antibiotics. This is called resistance. Because using antibiotics can make these bacteria even more resistant, mild cases of shigellosis are often not treated with antibiotics. In this case, shigellosis is treated by managing complications until it passes. Dehydration caused by diarrhea is the most common complication. Do not use medicines to prevent diarrhea.

To prevent dehydration, take frequent sips of a rehydration drink (such as Pedialyte). Soda and fruit juices have too much sugar and not enough of the important electrolytes that are lost during diarrhea. These kinds of drinks should not be used to rehydrate.

When you feel like eating, start with small amounts of food. This will help you get enough nutrition.

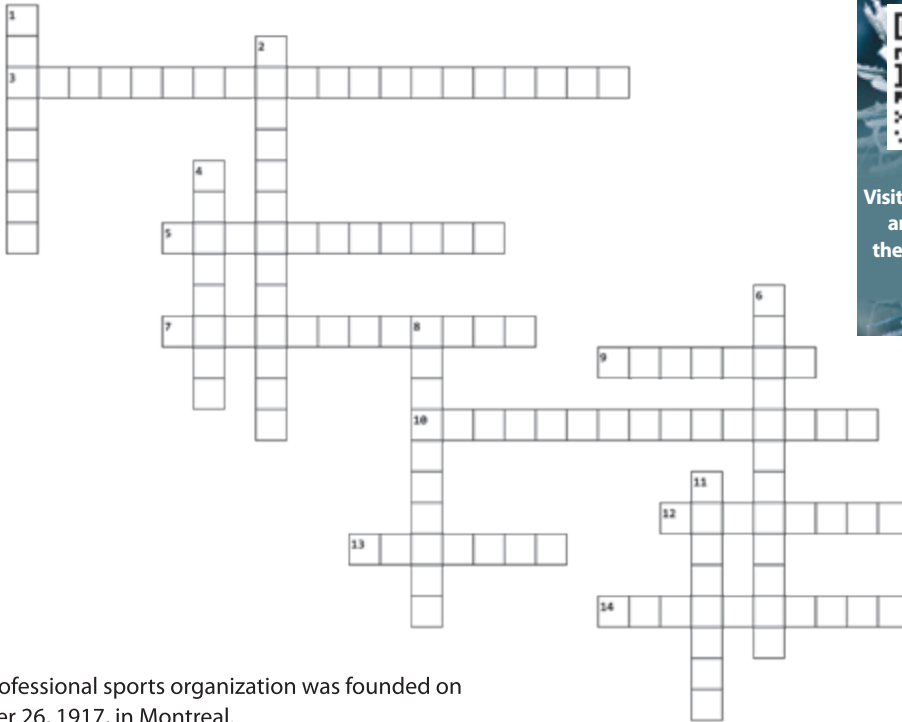
How can you prevent it?

You can help prevent the spread of shigellosis by washing your hands frequently and carefully with soap, especially if you work or spend time in daycare centres or with children who are not completely toilet trained. When possible, keep young children with shigellosis who are still in diapers away from uninfected children.

If your child is in diapers and has shigellosis, after diaper changing, wipe the changing area with a disinfectant such as diluted household bleach and put the diapers in a closed-lid garbage can. Then wash your hands with soap and warm water. To dilute household bleach, follow the directions on the label.

People who have shigellosis should not prepare food or pour water for others. *Shigella* are present in the diarrhea of people with shigellosis and for one to two weeks after symptoms have stopped.

November Crossword



Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.



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CONTACTS

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Marketing Coordinator	Melissa McGlone	marketing@mahoganyhoa.com
Programs and Volunteer Coordinator	Jen Wakely	programs@mahoganyhoa.com

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

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

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6th Annual Mahogany Parade of Lights

Saturday, December 2, 2023

Enter your float for FREE by contacting pem@mahoganyhoa.com

Scan the QR code for full details!



The End of Time

by Danielle Robbertze

It's that time of year again to change all your clocks and timers in the house. It comes every year, yet it doesn't get less annoying or confusing. Of course, I am talking about Daylight Saving Time (DST) which ends November 5, 2023.

This change of time addresses the polarizing seasons in Canada and brings up polarizing opinions. Not everyone in Canada implements Daylight Saving Time to their time zones. But here in Calgary we do. So how did it come to be?

In 1895, George Vernon Hudson, an entomologist, submitted a paper to the Wellington Philosophical Society in New Zealand. In his paper he proposes that there be a two-hour shift forward and backward in October and March respectively. Hudson thought this shift would encourage productivity. But secretly, it gave him more time to chase insects after work (his favourite pastime).

However, there are some indications that Daylight Saving Time had been practiced by ancient civilizations such as the Roman Empire. The Romans utilized water clocks to tell time and would use different scales in different months to suit solar time (a method of recording time using the Sun's movement).

DST was first introduced in Canada in 1908, in Ontario. Other provinces would soon follow suit and adjust their clocks by one hour. And in 1918, DST was formally introduced by the Canadian government to increase productivity during both World Wars.

However it came to be, it is important to remember a few changes that need to be implemented in your home. It is not only the time that is changing but also the season. So, prepare for DST by closing crawl space vents, swapping clothes for winterwear, adjusting your sleep schedule, setting up emergency winter kits, and last but not least, don't forget to change those clocks!



A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!





Mahogany's Tree of Hope

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

Mahogany 'Tree of Hope' in Colour!

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Word of the Month

Opine: verb (oh-pahyn)

To have an opinion.

Dentists opine brushing your teeth is important for good dental hygiene.

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

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Market Report



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