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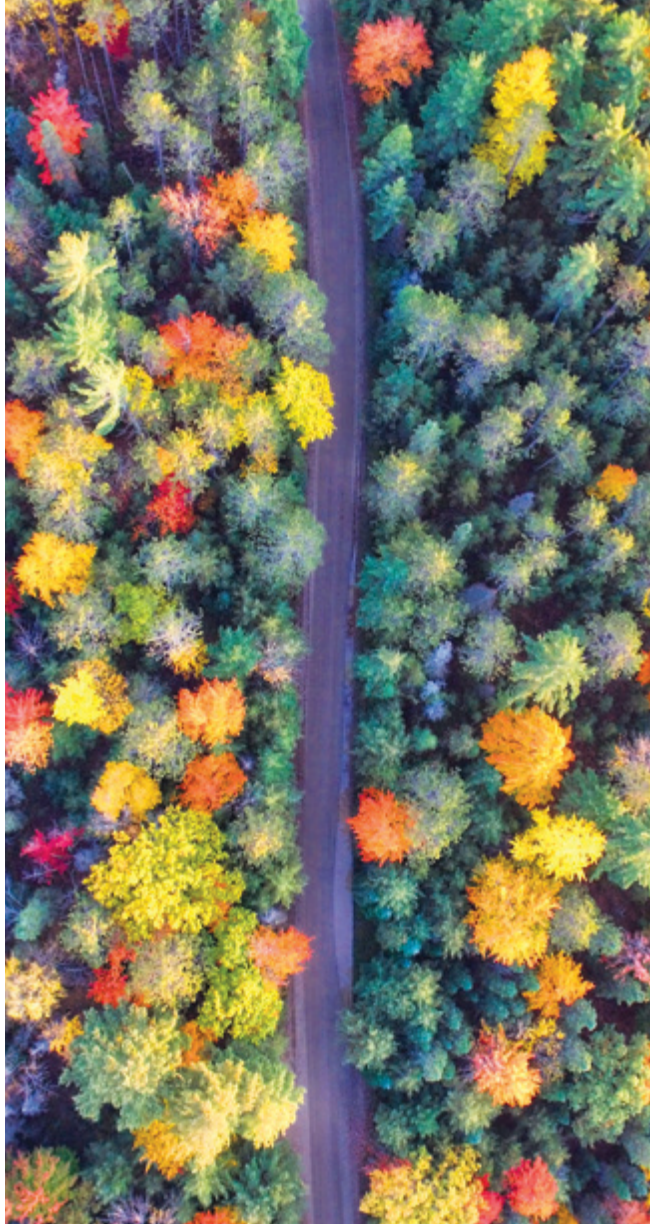


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MAHOGANY



COPPERFIELD



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or by email at info@cmcommunity.ca

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Member at Large	Rob Shaw	
Member at Large	Paula Lanh	

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

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



Copperfield-Mahogany Community Association Memberships

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

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

CMCA Members Can Register for Programs at the Mahogany HOA!

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

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

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

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

Other Benefits Include:

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

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

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

Show support for your community and purchase your membership today!



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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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Elevating Back-to-School Nutrition: Nurturing Young Minds

by Inna Kniazieva, Holistic Lifestyle Coach

As the back-to-school season approaches, parents and caregivers are presented with a golden opportunity to provide children with the essential nutrients needed to fuel their growing minds. Scientific research increasingly shows that the link between nutrition and cognitive function is profound, with certain vitamins and minerals playing a crucial role in enhancing intelligence and cognitive development in schoolchildren. Let's explore how a thoughtful approach to nutrition can make a significant impact on children's cognitive function as they embark on a new school year.



The Power of Nutrient-Rich Foods

It's no secret that a balanced diet is fundamental to overall health, but the impact of proper nutrition on cognitive function is particularly noteworthy in children. Research has revealed that specific nutrients can directly influence brain health and function, affecting areas such as memory, attention, and learning ability. As kids engage in demanding academic activities, providing them with nutrient-rich foods can optimize their cognitive potential.

Realizing the Potential: Incorporating Nutrient-Rich Foods

To harness the cognitive benefits of these nutrients, it's essential to incorporate them into children's diets. Here are practical ways to do so:

1. Breakfast Boost: Start the day with a balanced breakfast that includes whole grains, lean proteins, and sources of omega-3 fatty acids like chia seeds or walnuts.

2. Nutrient-Packed Snacks: Offer nutrient-rich snacks like carrot sticks with hummus, yogurt with berries, or a handful of almonds. For more suggestions on school lunch boxes refer to my article in the June 2023 edition of this newsletter.

3. Omega-3 Rich Meals: Include fatty fish like salmon or mackerel in weekly meal plans, and incorporate flaxseeds into smoothies or cereals. Omega-3 fatty acids are crucial for brain development and function. Studies have shown that omega-3 supplementation can lead to improvements in attention, memory, and problem-solving skills among school-aged children.

4. Iron-Rich Choices: Incorporate lean meats, beans, lentils, and iron-fortified cereals into lunches and dinners. Iron deficiency can negatively impact cognitive performance and learning. A study published in the "Journal of Nutrition" highlighted the link between iron deficiency and impaired cognitive development in schoolchildren.

5. Folate and B Vitamins: Offer leafy greens, whole grains, and fortified cereals to provide essential B vitamins. B vitamins, including B6, B9 (folate), and B12, are essential for proper brain function.

6. Vitamin D: Encourage outdoor play and ensure kids get adequate sunlight exposure. Additionally, consider vitamin D-fortified foods. Emerging research suggests a connection between vitamin D and cognitive function. A study published in "Pediatric Research" found that children with higher vitamin D levels had better attention and information processing speed.

7. Zinc-Rich Options: Include zinc sources like lean meats, legumes, and whole grains in daily meals. Zinc is crucial for brain development and cognitive function. A study published in "Frontiers in Human Neuroscience" demonstrated that zinc supplementation improved cognitive abilities in school-aged children.

As the back-to-school season returns, parents have the remarkable opportunity to empower their children's cognitive potential through thoughtful nutrition. The scientific evidence is clear: the path to academic success starts with a well-nourished mind. As children embark on a new school year, let's remember that the right nutrition can truly be the key to unlocking their brightest futures.

Cracking the Code: Calculating Your Daily Sugar Intake with Confidence

by Inna Kniazieva, Holistic Lifestyle Coach

In a world of convenience and indulgence, it's no secret that sugar has become an integral part of our diets. From sweet treats to unsuspecting sources like sauces and beverages, sugar seems to find its way into various aspects of our daily lives. However, being mindful of your sugar intake is crucial for maintaining optimal health. Let's explore the importance of understanding sugar content, reading labels on various foods, and calculating your real sugar intake per day to align with recommended guidelines from Canada and global health organizations.

Decoding Sugar in Your Diet

Sugar is a sneaky character, often hiding behind different names and disguises on food labels. This is where informed consumer choices come into play. Reading labels diligently can provide valuable insights into the amount of added sugars in a product. Keep an eye out for terms like sucrose, high fructose corn syrup, maltose, agave nectar, dextrose, evaporated cane juice, fruit juice concentrate, molasses, barley malt syrup, honey, and many more – these are all forms of added sugars that contribute to your daily intake.

Unmasking Hidden Sugar Sources

When it comes to calculating your daily sugar intake, it's crucial to account for all sources. Condiments like ketchup and barbecue sauce, seemingly innocent granola or protein bars, and flavoured yogurt can contain surprising amounts of added sugars. Even seemingly healthy fruit juices can contribute significantly to your sugar intake.

Quantifying Sugar in Fruits

What about fruit juice concentrate, for example? Even though it comes from fruit, fruit juice concentrate is a highly concentrated source of fructose and glucose, similar to refined sugars. While fruits are an important part of a balanced diet, they also contain natural sugars. Unlike in juice, in whole fruits these sugars come packaged with essential vitamins, minerals, and fiber, which can mitigate their impact on blood sugar levels. Berries tend to have lower sugar content compared to tropical fruits like bananas and mangoes.

Recommended Sugar Intake: Canada and Global Health Organizations

Health organizations around the world, including Canada, have set guidelines for recommended daily sugar intake. In Canada, the Canadian Heart and Stroke Foundation suggests limiting added sugars to no more than 10% of total daily calories. For an average adult with a daily caloric intake of 2,000 calories, this translates to roughly 48 grams of added sugars, or 12 teaspoons. But it doesn't mean you can eat 12 teaspoons of sugar itself.

Mastering Your Sugar Calculations

To calculate your real sugar intake per day, follow these steps:

- **Read Labels:** Start by examining the nutrition labels of the foods and beverages you consume. Pay special attention to the "Total Sugars" line, which includes both natural and added sugars.
- **Convert Grams to Teaspoons:** To make things easier, remember that one teaspoon of sugar is approximately equal to four grams. Divide the total grams of sugar by four to get the equivalent in teaspoons.
- **Add It Up:** Keep track of the teaspoons of sugar from each food and beverage you consume throughout the day.

In conclusion, being vigilant about your sugar intake is a vital step towards maintaining overall health and preventing potential health issues down the road. With the recommended sugar intake as your compass, you can confidently navigate the complex world of sugars and pave the way for a healthier, more balanced lifestyle.



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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
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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Stargazing with Pat J

The Tunguska Event

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



At 7:17 am on June 30, 1908, an object travelling at 54,000 kilometres per hour entered the Earth's atmosphere over a sparsely populated region of eastern Siberia.

Locals reported seeing a bluish light, nearly as bright as the Sun, moving across the sky. As the object's tremendous speed compressed and heated the air in front of it; a shock wave was generated that caused the object to explode at a height of five to ten kilometres above the ground. The blast was so powerful; it scorched and flattened an estimated 80 million trees in an area covering 2,150 square kilometres of forest bordering the Tunguska River. In addition to the trees, thousands of animals perished, but due to the remoteness of the site, only three people are thought to have died.

Tunguska is the largest impact event in recorded history and debate still rages as to the exact nature of the object. Initially, it was thought to be a comet. Current scientific theory leans more toward an asteroid 50 to 80 metres in diameter, but no crater or asteroid fragments have ever been found. Whatever it was, the energy released was calculated at 1,000 times more powerful than the atomic bomb dropped on Hiroshima, Japan.

Due to the rotation of the Earth, had the object struck five hours later, it would have destroyed the Russian capital of St. Petersburg, killing over a million people including the Tsarist royal family, heads of government, and its military command. It would have altered world history.

On February 15, 2013, an asteroid 18 to 20 metres in size plunged through the atmosphere above the southern Ural region of Russia.



The object exploded at a height of 29.7 kilometres with a release of energy equivalent to 26 to 33 times that of Hiroshima. Because the object detonated at a much higher altitude, no one was killed, but 7,200 buildings were damaged and nearly 1,500 people received injuries from broken glass.

Unveiling the Nutritional Treasure of Pumpkins

by Inna Kniazieva, Holistic Lifestyle Coach



As the vibrant foliage and cozy sweater weather of October sweeps in, so does the beloved pumpkin season. Beyond serving as the canvas for Halloween creativity, pumpkins hold a nutritional treasure trove that often goes unnoticed. From their rich orange hue to their diverse culinary applications, let's dive into all you need to know about the nutritional value.

A Nutrient Powerhouse in Disguise

Pumpkins, with their captivating appearance, are more than just a festive decoration. They are a nutritional powerhouse packed with vitamins, minerals, and antioxidants that offer a multitude of health benefits. A mere cup of cooked, mashed pumpkin contains an impressive dose of vitamin A, providing over 200% of your daily recommended intake. This essential vitamin is crucial for maintaining healthy vision, immune function, and skin health.

Fiber for Digestive Health

A diet rich in fiber is essential for digestive health, and pumpkins certainly deliver in this department. The dietary fiber content in pumpkins aids in regulating digestion, promoting regular bowel movements, and supporting a healthy gut microbiome. Adding pumpkin to your diet can help keep your digestive system running smoothly, especially during a season filled with festive indulgences.

Low-Calorie Indulgence

For those mindful of their calorie intake, pumpkins offer a guilt-free indulgence. With a high water content and low calorie count, pumpkins can be a satisfying addition to meals without adding excess calories. Incorporating pumpkin-based dishes can provide a sense of fullness and satisfaction while contributing minimal calories to your overall daily intake.

Pumpkins and Heart Health

Pumpkins contribute to heart health in multiple ways. Their potassium content helps regulate blood pressure, reducing the risk of hypertension. Additionally, pumpkins contain antioxidants like beta-carotene, which are known to have anti-inflammatory properties that support overall cardiovascular wellness.

The Carotenoid Connection

The vibrant orange colour of pumpkins is a clear indicator of their rich carotenoid content. Carotenoids are powerful antioxidants that help protect cells from damage. In addition to beta-carotene, pumpkins contain other carotenoids like lutein and zeaxanthin, which are beneficial for maintaining eye health and reducing the risk of age-related macular degeneration.

Incorporating Pumpkin into Your Diet

Embracing the nutritional value of pumpkins is easy, especially during the Halloween season. Beyond carving spooky faces, consider these delightful ways to incorporate pumpkin into your diet:

- **Pumpkin Soups:** Creamy pumpkin soups are a comforting and nutritious choice for fall evenings.
- **Roasted Pumpkin Seeds:** Don't discard those seeds! Roast them with your favourite seasonings for a crunchy snack loaded with protein and healthy fats.
- **Pumpkin Smoothies:** Add a twist to your morning routine by blending pumpkin into your favorite smoothie recipe for added flavour and nutrients.
- **Pumpkin Puree:** Use pumpkin puree as a base for muffins, pancakes, and other baked goods to add a dose of vitamins and fiber.
- **Savory Dishes:** Incorporate pumpkin into savory dishes like curries, stews, and pasta sauces for a unique twist.

As October unfolds and pumpkin fever takes hold, remember that pumpkins offer much more than their delightful appearance. With their wealth of vitamins, fiber, and antioxidants, pumpkins have earned a place of honour in the realm of wholesome nutrition. Let pumpkins shine as a nutritional gem in your seasonal celebrations.

WE ARE LOOKING FOR VOLUNTEERS

**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/>

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.

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/>

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

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

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Questions? Call 403-956-3939.

Upcoming Free Programs in October and November 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 two-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: Dips and Sauces: October 10 from noon to 1:00 pm, Meal Ideas: November 21 from noon to 1:00 pm

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

Registration: <https://redcap.link/TastyLowSaltCooking>

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue or mobility issues related to neurological conditions or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: October 18 from noon to 1:30 pm

Program Provider: AHS Nutrition Services Registered Dietitians, Allied Health and the Wellness Kitchen

Registration: <https://redcap.link/CookingWhenFatigued>

Easy and Healthy Mediterranean Cooking

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 from noon to 1:30 pm

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

Registration: <https://redcap.link/EasyHealthyMediterraneanCooking>

Food and Nutrition for Cancer Treatment and Recovery

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with other survivors. Plan to attend both sessions.

When: October 26 and November 2 from 10:00 am to noon

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

Registration: <https://wel.gametime.net/cne/public/list>

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MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	43	41	\$649,900	\$650,000
July	23	60	36	\$614,950	\$620,750
June	23	60	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
September	22	33	24	\$607,400	\$597,264

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
August	23	37	52	\$419,950	\$417,500
July	23	43	36	\$394,950	\$409,950
June	23	46	34	\$437,450	\$457,450
May	23	54	53	\$449,900	\$460,000
April	23	29	34	\$425,000	\$461,250
March	23	36	26	\$364,950	\$359,950
February	23	18	15	\$349,999	\$350,100
January	23	16	14	\$355,000	\$353,000
December	22	9	12	\$374,400	\$365,200
November	22	14	22	\$374,900	\$372,950
October	22	18	31	\$474,900	\$457,500
September	22	27	36	\$355,000	\$352,500

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

PSST... Have you heard?

Mahogany Village Dental proudly supports the **Mahogany School Playground!**

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OCTOBER, 28, 2023

HALLOWEEN EVENT



See our Facebook page for details

Looking for Volunteering Opportunities in the Community?

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

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

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

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

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

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

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



TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep "tunnel" around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a "memory" so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

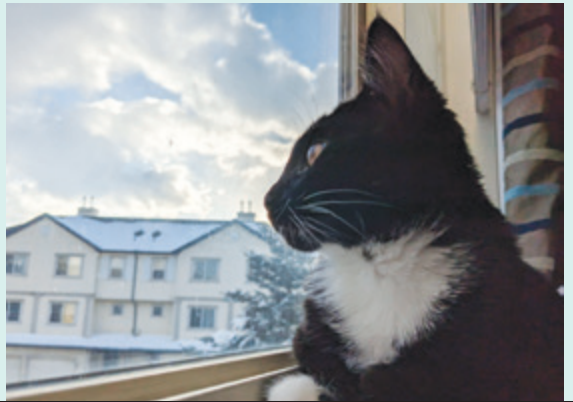
The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

PHOTO GALLERY



Bandit



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MAHOGANY

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CONTACTS

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Program and Event Manager	Amy Cornett	pem@mahoganyhoa.com
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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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Registrations are still being accepted!

Visit www.brightstarspreschool.ca or email kailiparkinson@gmail.com to learn how to get your little one registered.

Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

Prep Time: 12 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsp honey
- 1 tbsp Dijon Mustard
- ½ cup extra virgin olive oil

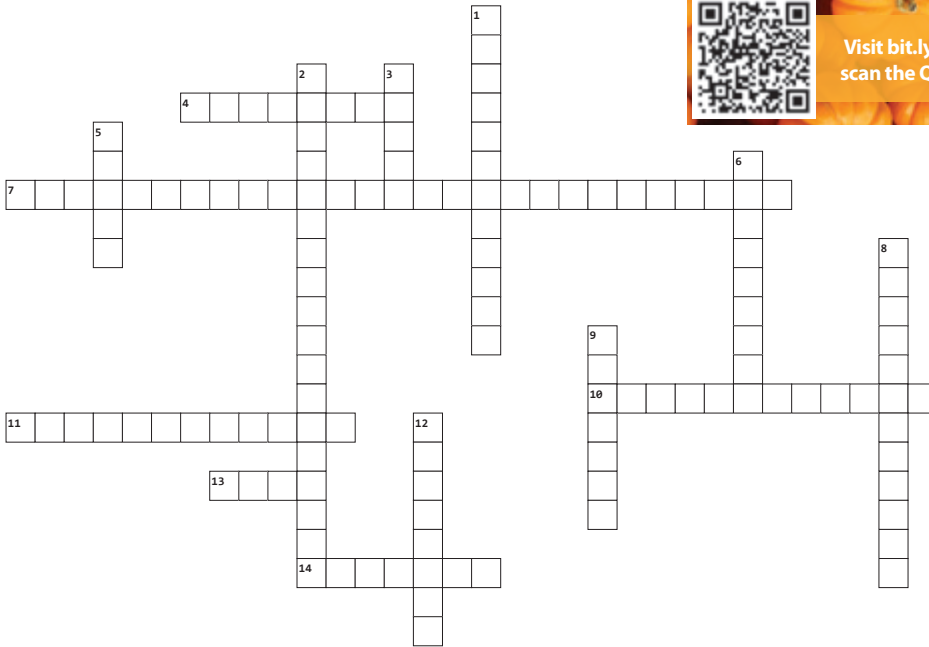
Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsp of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

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Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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