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## MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	23	64	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
August	22	36	39	\$599,900	\$590,000

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
July	23	42	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
August	22	37	21	\$364,900	\$360,000

To view more detailed information that comprise the above  
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**MAHOGANY**



**COPPERFIELD**



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or by email at [info@cmcommunity.ca](mailto:info@cmcommunity.ca)  
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POSITION	NAME	Contact Email
President	Nicole Marr	<a href="mailto:president@cmcommunity.ca">president@cmcommunity.ca</a>
Vice President	Jason London	<a href="mailto:vicepresident@cmcommunity.ca">vicepresident@cmcommunity.ca</a>
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Rink Coordinator	Matt Wright	<a href="mailto:copperfieldrink@gmail.com">copperfieldrink@gmail.com</a>
Hall Rentals, Programming, Memberships	Maggie Hampton	<a href="mailto:info@cmcommunity.ca">info@cmcommunity.ca</a>
Social Events Coordinator	This Could Be You!	<a href="mailto:events@cmcommunity.ca">events@cmcommunity.ca</a>
Schools Liaison	Regan Forsyth	<a href="mailto:schools@cmcommunity.ca">schools@cmcommunity.ca</a>
Communications Coordinator	Inna Kniazieva	<a href="mailto:newsletter@cmcommunity.ca">newsletter@cmcommunity.ca</a>
Neighbourhood Watch	Jason Fiander	<a href="mailto:copperfieldwatch2019@gmail.com">copperfieldwatch2019@gmail.com</a>
Development and Planning Coordinator	Stan Benedek	
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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!



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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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# Embrace the Autumn Transition: A Guide to Changing Your Routine

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor

As the vibrant hues of summer fade into the golden landscapes of autumn, Calgarians are presented with the perfect opportunity to recalibrate their routines and embrace the changing season. From adjusting beauty regimens to savouring comforting foods, engaging in fall sports, and prioritizing overall wellness, this article offers you the roadmap to navigate the transition into fall.

## Savour the Seasonal Flavors: Comforting Foods

As the summer sun makes way for the cool embrace of fall, our palates eagerly anticipate the arrival of the season's bounty. Autumn, with its rich colours and crisp air, brings forth a selection of comforting foods that not only satisfy our taste buds but also offer a myriad of health benefits. From vibrant pumpkins to earthy sweet potatoes, let's explore the specific comforting foods that warm both body and soul during the colder months.

The fall season is synonymous with the aroma of warming spices like cinnamon, nutmeg, and cloves. These spices not only enhance the flavours of comfort foods but also provide potential health benefits. For example, cinnamon has been linked to improving insulin sensitivity and reducing inflammation. The scent of these spices can also have a calming effect on the mind, creating a multisensory experience that adds to the comfort of seasonal dishes.

## Stay Active and Explore: Embrace Fall Sports

Transitioning into autumn doesn't mean retreating indoors. Instead, harness the invigorating energy of the season by engaging in outdoor activities. Take advantage of Calgary's breathtaking landscapes and cooler temperatures by embarking on scenic hikes in the nearby Rockies or cycling through picturesque trails. The combination of crisp air and vibrant foliage offers a rejuvenating backdrop for your physical pursuits. If you're feeling adventurous, consider trying your hand at capturing the essence of autumn through photography, capturing the beauty of changing leaves and the magic of the season.

## Prioritize Wellbeing: Nurturing Mind and Body

Autumn's shift also provides an opportunity to refocus on holistic wellbeing. Incorporate mindfulness practices, such as meditation and yoga, into your daily routine to manage stress and enhance mental clarity. Regular exercise remains vital, not only for physical health but also for boosting mood and energy levels as daylight hours dwindle. In the spirit of self-care, ensure that you're getting adequate sleep to fortify your immune system and support overall vitality.

## Holistic Wellness: Embrace Self-Care

As the nights grow longer and the air turns cooler, indulge in self-care rituals that promote relaxation and rejuvenation. Set the ambiance with soft lighting and scented candles while you unwind with a captivating book and a steaming cup of herbal tea. Transform your bathing routine into a spa-like experience by adding soothing essential oils and indulging in a warm bath. Prioritize moments of solitude and reflection as you appreciate the unique beauty of fall's transition.

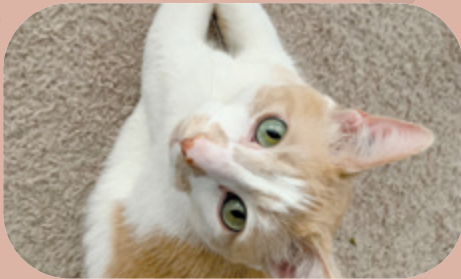
In conclusion, autumn offers a chance to realign your routines with the rhythm of the changing seasons. By adapting beauty regimens to suit the weather, relishing in the seasonal flavours in culinary creations, staying active amidst nature's splendor, nurturing overall wellbeing, and embracing self-care, you can fully immerse in the magic of fall.



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## Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



## 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
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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# Wedding Guest Styling: Tips to Shine on the Special Day

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor



Attending a wedding is not only a joyous celebration but also an opportunity to showcase your personal style. Whether you're a close friend, a family member, or a plus-one, dressing appropriately and stylishly is key. Here we will explore some valuable tips and ideas to help you navigate the realm of wedding guest fashion, ensuring you look your best while respecting the couple's big day.

## Dress Code Decoding

Understanding the dress code specified on the wedding invitation is crucial. Traditional dress codes like black tie, cocktail, semi-formal or casual set the tone for your outfit choices. For example, for Black Tie, women should opt for a floor-length evening gown, a sophisticated cocktail dress, or a dressy jumpsuit. Pair it with elegant heels, statement jewelry, and a chic clutch. For men, a Black Tie would include a tuxedo with a black bowtie, a crisp white dress shirt, and black patent leather shoes. Optionally, add a cummerbund or a waistcoat for added sophistication.

If the dress code is ambiguous or not mentioned, you can take cues from the venue, time of day, and theme to guide your decision.

## Embrace Colour

While white and off-white attire is typically reserved for the bride, you can explore a range of vibrant colours and prints to express your personal style. Opt for hues that complement your skin tone and reflect the joyful ambiance of the event. Sparkling dress looks are always chic, but don't go too wild with accessories if you choose one. Pastels, jewel tones, and floral prints are often popular choices for weddings.

## Dress Length and Style

The length and style of your dress or outfit should align with the formality of the wedding. For daytime or semi-formal events, knee-length or midi dresses, jumpsuits, or tailored separates can be an excellent choice. For more formal affairs, consider long gowns or elegant cocktail dresses. Always ensure your outfit is comfortable and allows you to move freely. Women, if you see "White Tie" in an invitation, forget everything but floor-length evening gowns.

## Attention to Accessories

Complete your wedding guest look with carefully chosen accessories. A statement clutch, elegant jewelry, and appropriate footwear can elevate your ensemble. Opt for comfortable yet stylish shoes, as you'll likely be on your feet for a significant portion of the day. You are free to decide if you go for flats or heels (unless it's "White Tie" and sometimes "Black Tie") but make sure it's more than regular everyday ballerinas. Don't forget a lightweight wrap or jacket for outdoor weddings or chilly evenings.

## Etiquette and Cultural Considerations

Respect any specific cultural or religious customs associated with the wedding ceremony. Ensure your outfit adheres to any guidelines provided. Additionally, avoid wearing anything that could potentially upstage the couple or draw excessive attention to yourself. It's their day to shine, after all.

Attending a wedding as a guest presents an opportunity to showcase your fashion flair while honoring the couple's special day. By decoding the dress code, embracing colours, choosing appropriate dress lengths and styles, accessorizing thoughtfully, and respecting cultural considerations, you'll confidently arrive in a stunning ensemble. Remember, the most important aspect is to celebrate the love and happiness of the couple while looking and feeling your best.



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# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



# Restoring Your Hair After Summer: Reviving and Nourishing Your Locks

by Inna Kniazieva, Holistic Lifestyle Coach, Newsletter Editor



After months of fun in the sun, your hair may be showing signs of damage from the scorching summer heat and sun exposure. But fear not! With some tender loving care and the right approach to hair restoration, you can revive and nourish your locks, restoring their health and vitality. Let's explore effective strategies and essential tips to help you bring your hair back to life after the summer season.

## Trim the Damage

Start by scheduling a visit to your hairstylist for a trim. Trimming away split ends and dry, damaged hair will not only improve the overall appearance of your hair but also promote healthy growth. A fresh cut will give your hair a clean slate to work with as you proceed with the restoration process.

## Deep Conditioning Treatments

Invest in high-quality deep conditioning treatments or hair masks specifically formulated to repair and nourish damaged hair. Look for products containing ingredients like keratin, argan oil, shea butter, or coconut oil. Apply the treatment generously to your hair, focusing on the ends, and leave it on for the 30 minutes or more under the towel. Rinse thoroughly to reveal softer, more manageable hair.

## Hydration is Key

To restore moisture lost during the summer, make hydration a top priority. Increase your water intake to keep your hair hydrated from within. Additionally, use a leave-in conditioner or a lightweight hair oil to lock in moisture and prevent further damage. Apply these products sparingly to avoid weighing down your hair.

## Gentle Cleansing

After a summer of sun, sweat, and pool chemicals, it's essential to give your hair a gentle yet thorough cleanse. Use a clarifying shampoo to remove any buildup or residue. Follow up with a moisturizing shampoo and conditioner to replenish hydration and restore balance to your hair. Products with apple vinegar would additionally boost the growth.

## Heat Styling Caution

Limit your use of heat styling tools, such as blow dryers, curling irons, and straighteners. Excessive heat can further damage your hair and exacerbate the effects of summer exposure. If you must use heat styling tools, always apply a heat protectant spray or serum to shield your hair from excessive heat damage.

## Protect From the Elements

As you restore your hair's health, take proactive measures to protect it from future damage. Invest in a wide-brimmed hat or use a UV-protective hair spray when spending time outdoors. Avoid prolonged sun exposure during peak hours and consider tying your hair in a loose bun or opting for protective hairstyles to minimize direct sun exposure.

## Balanced Nutrition

A well-balanced diet plays a crucial role in the health of your hair. Ensure you're consuming foods rich in vitamins and minerals, such as leafy greens, fruits, lean proteins, and healthy fats. Nutrients like biotin, vitamin E, and omega-3 fatty acids can promote hair growth and strengthen the hair shaft.

With these rejuvenating tips and a commitment to proper hair care, you can restore your hair's natural beauty and vitality after a summer of hot days and sun exposure. By giving your hair the attention it deserves, you'll soon enjoy luscious, healthy locks that are ready to take on any season.



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## Calgary's Bar, Pub, and Restaurant Heritage

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

In virtually every Western movie, there's the inevitable confrontation in the town saloon. As a western prairie town, there's little doubt Calgary was home to a saloon when its first neighbourhood, Inglewood, was settled in 1875. Indeed, the area was first known as Brewery Flats.

The 1890 Italianate-style Alberta Hotel building boasted the longest bar between Winnipeg and Vancouver. But it's the King (Eddy) Edward that lasted, opening in 1905 until it closed 99 years later as Calgary's longest operating bar. In 2018, it resumed its storied place in the city's nightlife as part of the National Music Centre.

There's the Palliser Hotel, which opened in 1914 and entertained Calgarians in its Oak Room (now remodelled). After prohibition ended in Alberta in 1924, the Palliser was the first to receive a liquor licence. The (in)famous St. Louis Hotel also opened in 1914.

Another city establishment is Hy's Steakhouse, Calgary's oldest restaurant. Hy Aisenstate, the son of Russian Jewish immigrants, opened it in 1955. He had started law school at UBC but was forced into entrepreneurship due to a family crisis. The current iteration opened in 2014.

Let's not forget Caesar's Steak House, part of local folklore. It opened in 1972 because Greek immigrant Con Giannoulis wanted to own a restaurant and the building housing it. It's said the Caesar cocktail was popularized here, though it was perfected and named in 1969 at the Calgary Inn (now the Westin) by Italian bartender Walter Chell. Nevertheless, who doesn't want a Caesar at Caesar's?

Then there's more recent but no less important places, like Bottlescrew Bill's Pub, opened in 1985 by the Allan family in the old Calgary Press Club site, and Kensington Pub (K-Pub), established in 1982 in a residence from 1911.

Nowadays, several establishments occupy the buildings and residences of the city's past. There's Bank & Baron, located in the Bank of Nova Scotia building built in 1930, and Civic Tavern, operating in a 1905 Queen Anne Revival-style home. Next time you're heading out on the town, keep an eye out for some of Calgary's heritage.

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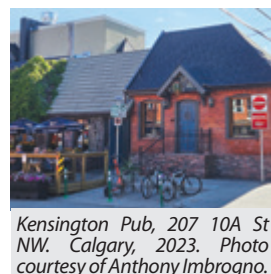
"Bartender Dick Bellamy serving drinks at the Calgary Press Club," 1969, Bill Onions Fonds, City of Calgary Archives, Item CalA 2011-006-0880. Permission obtained from City of Calgary Archives.



Civic Tavern, 213 12 Ave SW. Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Caesar's Steak House, 512 4 Ave SW. Calgary, 2023. Photo courtesy of Anthony Imbrogno.



Kensington Pub, 207 10A St NW. Calgary, 2023. Photo courtesy of Anthony Imbrogno.





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## Looking for Volunteering Opportunities in the Community?

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

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

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

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

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

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

Use the QR code to access the survey, visit our website on [www.cmcommunity.ca](http://www.cmcommunity.ca), or follow us on Facebook for more details!




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---

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<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,  
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# There's More in Mahogany!

## MAHOGANY

## HOMEOWNERS ASSOCIATION

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

## Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!





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# 10 Signs That You May Be Suffering from Anxiety

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



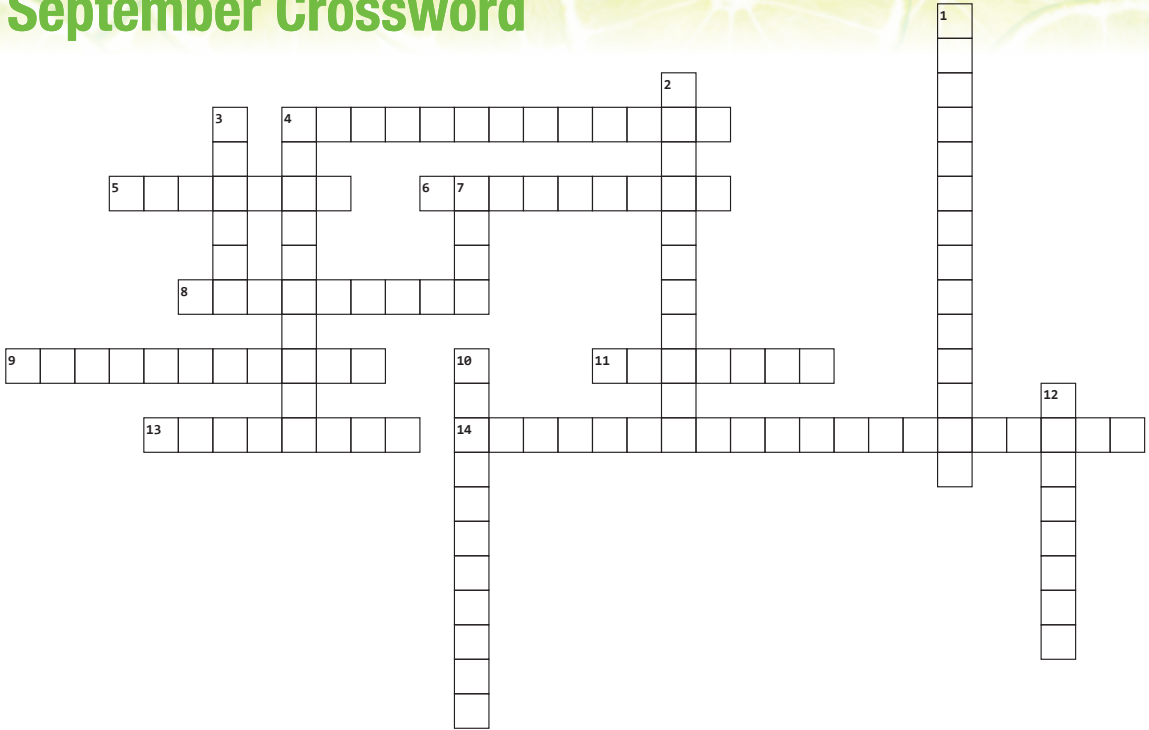
Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

# September Crossword



## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### Supernova: Going Out With a Bang

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



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.



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**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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