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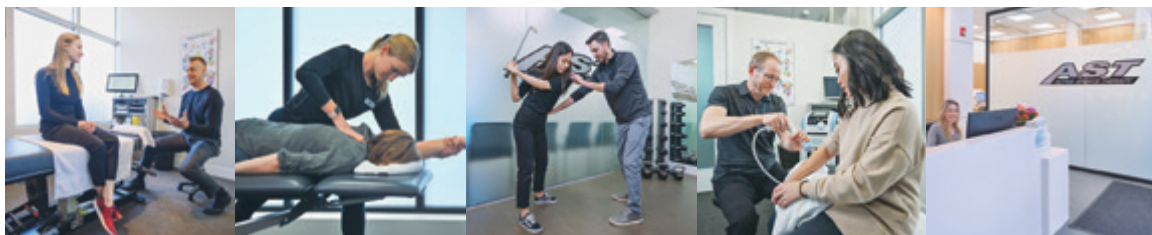
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MAHOGANY



COPPERFIELD



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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.



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/!](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.



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)

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!



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.



WE ARE LOOKING FOR

Planning and Development Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Planning and Development Coordinator will receive updates from the city on future development and planning and relay to the board. A full description of the role is available at <https://cmcommunity.ca>.

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/>.

Schools Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Schools Coordinator is responsible for acting as a liaison between the local schools and our community. A full description of the role is available at <https://cmcommunity.ca>.

**SIGN-UP
TODAY**

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT ANY OF THESE OPPORTUNITIES,
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The Good Food Box

Orders can be placed at bit.ly/CMCA_GoodFoodBox (if nothing appears, the order is currently closed - follow our Facebook page for updates when the next order is open).

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. Weights 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
February 5	February TBD
March 4	March 15
April 8	April 19
April 29	May 10
May 27	June 7
June 17	June 28
August 19	August 30
September 16	September 27
October 14	October 25
November 11	November 22
December 2	December 13

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, 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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F: 8:00am - 3:00pm
Saturday (2/mo): 8:00am - 2:00pm



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OUTDOOR 2024 REGISTRATION: Program details and online registration available **JANUARY 15TH TO MARCH 15TH** at www.gfoothills.ca

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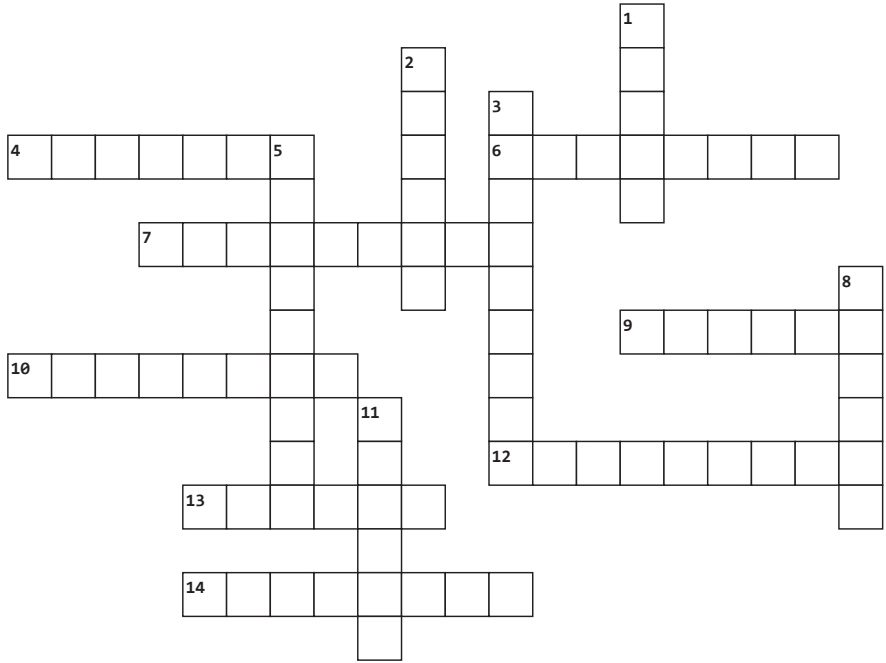
11AM-2PM

FAMILY SKATING PARTY



SEE FACEBOOK FOR DETAILS

February Crossword



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	33	33	\$679,900	\$670,000
November 23	37	32	\$549,900	\$549,950
October 23	41	30	\$597,450	\$590,000
September 23	30	35	\$649,900	\$635,000
August 23	35	42	\$644,900	\$641,500
July 23	56	36	\$614,950	\$620,750
June 23	59	63	\$639,900	\$642,000
May 23	35	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

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
December 23	10	14	\$464,450	\$443,450
November 23	19	29	\$479,900	\$484,000
October 23	33	37	\$435,000	\$436,000
September 23	39	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

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

Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 3 to 4

Ingredients:

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



Directions:

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



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!



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Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

Guess The Duo!

1. This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
2. These stepbrothers create zany projects to make the most of their summer vacation.
3. This pop duo from the 60s are well known for their song "I Got You Babe".
4. These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
5. This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
6. This superhero duo attempts to thwart the evil plans of villains in Gotham.



having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

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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: www.mahoganyhoa.com

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Marketing Coordinator	Melissa McGlone	marketing@mahoganyhoa.com
Programs and Volunteer Coordinator	Jen Wakely	marketing@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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2024
WINTER PROGRAM GUIDE
2024

ASSOCIATION MAHOGANY HOMEOWNERS
ASSOCIATION MAHOGANY HOMEOWNERS



2024 Winter Program Guide

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With easy navigation and simple registration,
your next adventure is just a click away.

Word of the Month

Besotted: adjective (be-sot-ted)

To be blindly or completely infatuated.

After 50 years of marriage, he is still as besotted with his wife as the first day he met her.

BRAIN GAMES

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
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The Importance of Healthy Snacking

by Alberta Health Services

Maintaining a healthy lifestyle, especially in today's fast-paced world, can be a challenge. Busy schedules often lead to rushed meals and unhealthy eating habits.

Packing snacks is a great way to keep you energized and nourished throughout the day. Having a quick bite at work, home, school, or on-the-go can be an important addition to your daily eating habits. Ensuring you always have healthy snacks on hand may also prevent you from stopping at a convenience store or vending machine and purchasing a higher cost food which often is lower in nutritional value and hard on the budget.

Five Reasons to Snack!

1. Sustained energy levels – Choosing nutrient-dense snacks provides your body with the energy needed to function optimally throughout the day. Snacks rich in complex carbohydrates, fibre, and healthy fats release energy slowly, helping you maintain steady blood sugar levels and avoid energy crashes.
2. Nutrient Intake – Snacks are an excellent way to increase your daily intake of essential nutrients. Opting for snacks like fruits, vegetables, nuts, and whole grains provides your body with vitamins, minerals, and antioxidants crucial for your overall health. These nutrient-rich snacks support your immune system, boost your metabolism, and aid in various bodily functions.
3. Improved Concentration – Healthy snacks can have a positive impact on cognitive performance. When the brain is fed with balanced snacks, focus and concentration are enhanced. Nutrient-dense snacks provide the brain with the necessary nutrients for optimal functioning, helping you stay alert and productive throughout the day.
4. Reduced Cravings – Packing healthy snacks can reduce unhealthy cravings for sugar, salt, and junk food. By eating nourishing snacks, you feel more satisfied for longer.

5. Convenient and cost-effective – Preparing snacks in advance ensures you always have healthy options readily available. This saves not only time but also money, compared to purchasing expensive and, often, unhealthy snacks on the go.

Snack-Making Tips and Ideas

To help make it easier to bring snacks from home, prepare in advance by following these simple tips:

- Plan your week's snacks before heading to the grocery store and include them in your meal preparation.
- Think outside the box! Use a "bento box" filled with a variety of different snacks to keep things interesting.
- Chop extra vegetables and fruit and have them ready in the fridge to grab-and-go.
- Make muffins ahead of time and store them in the freezer.
- Buy hummus when grocery shopping or make some at home.
- Hard boil eggs and keep them in the fridge with the shell on (they will keep for about a week).

If you have the option to store snacks at your workplace, here are some options that do not need refrigeration:

- Apples, oranges, or canned fruit
- Dry oatmeal
- Canned tuna
- Whole grain crackers
- Nuts, pumpkin, or sunflower seeds

Kids Need Snacks Too!

While adults and teenagers benefit from eating snacks during their busy, activity-filled lives, it's also important for children to consume snacks. They have smaller stomachs than adults and teenagers and may have trouble eating the foods they need at mealtime. Food choices established in childhood often continue into adulthood, so building a healthy foundation is important.

Add Protein

To help satisfy hunger between meals protein provides a sustained release of energy, preventing blood sugar spikes and crashes. To help satisfy hunger between meals, snack on nuts and seeds or hummus and veggies. Pair one or two slices of cheese with a couple of whole grain crackers or cook some hard-boiled eggs for an easy protein-filled snack on the go.

Happy Snacking!

For more snack ideas, check out this snack resource to help you to choose healthy snacks every day. Visit ahs.ca/nutritionhandouts and search for the handout called Snacks.



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Stay Safe, Stay Off Storm Ponds

by the City of Calgary

With more people heading outside for winter activities, The City of Calgary wants to remind kids and their families to be safe while enjoying outdoor skating.

City of Calgary or community-designated outdoor skating rinks offer fun, free skating for all skill levels. Rinks maintained by The City are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating.

While your community storm pond may look inviting, recreational activities are not allowed on them. These ponds are part of your community's stormwater infrastructure and are there to reduce community flooding and clean stormwater before it returns to our rivers. Ice on these ponds is less predictable than ice on regular ponds and can be unstable even when it looks solid.

Here's why:

- Storm ponds contain sediment and contaminants (e.g. bacteria, fertilizers, pesticides, vehicle fluids, metal, road salt) that are collected as water travels through the community on their way to the storm pond and can weaken the ice.
- Water levels are also constantly changing as water moves between inlet and outlet pipes creating unpredictable ice conditions.
- Although the ice may appear thick in some areas, other areas may have little to no ice and often snow can cover visible hazards.

Instead, find a safe City or community outdoor skating rink near you at calgary.ca/rinks.



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The Month of Love

by Danielle Robbertze



February arrives with temperatures still a bit frosty and all you can think about is that special person in your life to snuggle with.

The month of love typically celebrates those who are in a romantic relationship. But it does not have to be this way. It can also celebrate the love for a sibling, parent, guardian, friend, child or other family members. The month of love really should celebrate the love we share with all our fellow human beings, as love is a precursor to humanity.

Do not restrict your love to one person. Love brings meaning to our lives. Without it we struggle through life's challenges such as loneliness. Love is universal and can be extended to any person no matter their gender, sexuality, race, nationality, or ethnicity. Do not restrict yourself from a life-changing love because of pre-held biases and prejudices. Open yourself to all of humanity and see how your life can change to unconditional happiness.

Love comes more naturally to the human heart than hate, as Nelson Mandela once said. We should not judge others for who they love. We cannot change who we love, as it comes naturally to the heart and is hard to change. If we judge those who love one another simply because they are different from ourselves or different from the people we love, it is because we have been taught not to love, forced to see the differences in others. This only brings more isolation into a person's life.

For this month of love (and possibly your whole life), open your heart to others. Celebrate the differences that make each human a unique being in this world we share. Learn to love and you will see the joy of another person is essential to your own happiness.

The Transformative Power of Love

by Jonni Fox

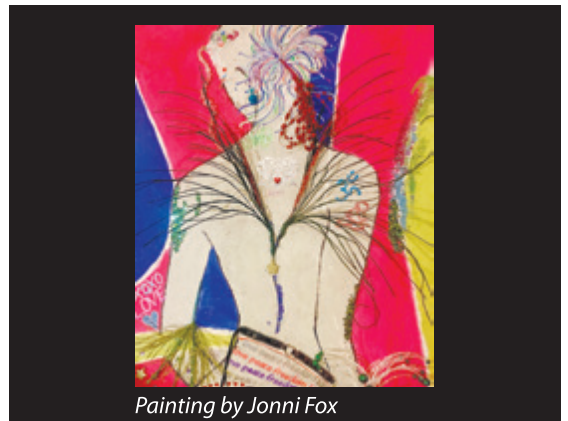
In the experience of our life, love is the universal thread that binds us all. It's a complex emotion, felt uniquely by each individual. February, ostensibly the month of love, goes beyond mere commercial celebrations. Love is profound; it's the bond between a caretaker and a once-wild creature, a connection so deep it moves us to tears.

Love isn't just a fleeting emotion; it's a powerful force that contributes to our well-being. It has the remarkable ability to heal our minds, bodies, and spirits. Music, a language of emotions, harmonizes with love, influencing our hearts with its frequencies. In times of tragedy, music becomes a source of solace, offering joy amid sorrow.

Surviving life's trials is intrinsically linked to love. It's the anchor that keeps us grounded during turbulent times. When someone is lost in suffering, reconnecting with love becomes a lifeline. Whether through music, shared experiences, or self-discovery, love guides us towards healing.

Capturing the essence of love requires focusing on its transformative power.

From the silent connection with nature to the healing notes of music, love's resonance echoes through our existence. It is an unwavering support system, an antidote to life's hardships.



Painting by Jonni Fox



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Love on a Shoestring

by Danielle Robbertze

Valentine's Day can be expensive. We would all like to give our partner the world to show our appreciation, especially on the day dedicated to love. But that is not always possible. Valentine's Day is said to be the fifth largest consumer spending event in the world. It is estimated that \$25.9 billion (USD) was spent on Valentine's Day in 2023!

There are a few ways in which you can show your love without breaking the bank. Firstly, it would probably be wise to ask your partner what they would like for Valentine's Day. This may take away the surprise element of the day, but you could be surprised about what they want and how cost-effective it could be. Often you will see that all they want is some quality time. So set up a movie night at home or a lovely homecooked dinner. It is often the romantic gestures that count more than a diamond necklace or bouquet of roses.

Valentine's Day on a budget is a time to think creatively. Test out those DIY skills. You never know how much a handcrafted gift could mean to a loved one. Check out ideas online on how to make the perfect gift. You could make a special collage or photo album of all your favourite moments together. As cheesy as it might seem, you can never go wrong with a heartfelt love letter, one that your partner will cherish for years to come.

It is important to set a budget for yourself and your partner. This way you do not create too high of expectations for yourself or your partner. Plan ahead and plan together. The day is dedicated to spending



time together so why not put in some money together to do something truly special like a weekend getaway or a romantic dinner at a swanky restaurant.

Consider celebrating the weekend after February 14, that way you and your partner can score some great deals with marked off items. This may seem unconventional, but it could be more special to set out your own Valentine's Day, away from the hustle and the bustle of the actual day.

There are so many ways in which you can save money on Valentine's Day whilst still expressing your love. Take away the pressure and expectations of stereotypical gifts and set your own path to celebrate this day. A path as unique as your relationship and love for your partner. Love is not chocolates, roses, or jewellery. True love is being with one another and cherishing that person for everything they are, flaws and all.

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