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**10TH FEB
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CONTENTS

- 9 RECIPE: BURRITO BEEF AND BEAN SOUP
- 12 CMCA FAMILY SKATE
- 19 HOA: WINTER PROGRAM GUIDE
- 27 SAFE AND SOUND: SLEDDING SAFETY
- 28 BUSINESS CLASSIFIEDS



9



12



19



28



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MAHOAGANY



COPPERFIELD



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6 Copperstone Way SE, Calgary, AB, T2Z 0E7

We can be reached by phone at 403-532-8864
or by email at info@cmcommunity.ca
Hall Hours: By appointment only

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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.



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.



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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.



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- One of two founding franchises for the Project 8 women's professional league launching in 2025.

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

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ONLINE BOOKING AVAILABLE



Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

Prep Time: 20 minutes

Cook Time: 60 minutes

Servings: 6 to 8



Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes
- 1 cup of uncooked white or brown rice, rinsed

- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!



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MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	41	32	\$549,900	\$549,950
October 23	45	30	\$597,450	\$590,000
September 23	31	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
December 22	15	21	\$624,900	\$614,900

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
November 23	20	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
December 22	9	12	\$374,400	\$365,200

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



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
January 15	January 26
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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Time for some fun for all ages

CMCA Family Skate

Planning is underway for a fun family skating event in February at our Copperfield community outdoor rink!

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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,
PLEASE EMAIL PRESIDENT@CMCOMMUNITY.CA

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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Tips For Joining a Gym

by the Better Business Bureau



If your goal is to lose weight, get in better shape, or improve your overall health, deciding to join a gym may be the first step. However, don't just sign up at the gym you see or visit. Before signing on the dotted line, research all options first!

Get the most from a gym membership by considering these tips from BBB.

- **Determine your fitness goals.** Determining your goals in advance will help you select a facility that is most appropriate for you. Consult with your physician before embarking on a new fitness regimen, especially if there are medical conditions that might be a concern.
- **Figure out your priorities.** What is most important to you? Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.
- **Take a tour.** Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it's the cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability, and cost of trainers, etc. Ask how the gym staff is maintaining the cleanliness of the facilities.
- **Ask questions about limited free trials.** Gyms often give a one-week free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.
- **Don't feel coerced.** Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.
- **Calculate the true costs.** Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.
- **Understand the terms.** Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move, or the gym goes out of business? Will the membership renew automatically at the end of the term? What is the cancellation policy and under what circumstances?

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IN CALGARY



Scan to find out why Dr. Sabahat Nazim (pictured) decided to pursue health services management and how to apply.
go.uleth.ca/HSM-Sabahat

The Harmonious Tapestry of Human Experience

by Jonni Fox, Rod MacCormack, and Moe Refaei
(musicians, song writers and producers)

In the intricate fabric of human existence certain threads weave together to create a tapestry of emotions and experiences. This tapestry is woven from the threads of frequency, love, gratitude, joy, celebration, music, unity, connection, and community. Each element contributes to the rich and diverse texture of our lives.

At its core, the concept of frequency refers to the vibrational energy that permeates the Universe. It is the unseen force that connects all living things. When we harness positive frequencies through acts of love, we contribute to the uplifting of our own spirits and those around us. Love, a powerful and universal emotion, acts as a beacon of light in the human experience. It fosters connection and unity by promoting empathy, compassion, and understanding.

Gratitude is the practice of recognizing and appreciating the blessings in our lives. It brings a profound sense of joy, a radiant, contagious emotion that is often expressed through celebration. Celebrations are a testament to our shared human experience. Music is often described as the universal language of the soul; it has the incredible power to elevate our frequencies and unite people from diverse backgrounds. Through music we find connection, and it often serves as the soundtrack to our most cherished memories.



Unity, connection, and community are interwoven threads in the fabric of our existence. These concepts highlight the beauty of coming together as one. In unity we find strength.

Through connection we discover meaning, and in community we discover support and belonging.

The interplay of frequency, love, gratitude, joy, celebration, music, unity, connection, and community is the essence of our shared human experience. These elements not only enrich our lives but also serve as the foundation for building a harmonious and compassionate world. When we embrace these aspects, we create a beautiful tapestry that reflects the best of humanity, fostering connection, understanding, and a shared sense of purpose. Just for the health of it, listen to your heartbeat and put it on a drum. Add frequency to your life and you will feel alive.

That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like “snaw,” “sneesi,” and “skelf,” officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.





**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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CONTACTS

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Facilities Manager	Vicky Winder	fm@mahoganyhoa.com
Program and Event Manager	Amy Cornett	pem@mahoganyhoa.com
Office Manager	Urszula Sargeant	om@mahoganyhoa.com
Indoor Bookings	Katy Hills	bookings@mahoganyhoa.com
General Inquiries		reception@mahoganyhoa.com
Volunteer Opportunities		info@mahoganyhoa.com
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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We provide preschool children with a joyful, playful, and well-rounded program so they can develop socially, emotionally, physically, mentally, and academically preparing them for Kindergarten.

Registrations are still being accepted!

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



Register Today

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How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

Stargazing with Pat J: Hubble vs The James Webb Space Telescope

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada



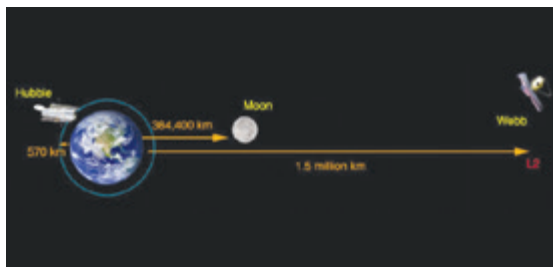
Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.

The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visible light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).

How HST and JWST Compare

Location: HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.



Size: HST: School bus. JWST: Tennis court.

Light observed: HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

Mirror surface: HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

Maintenance: HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

Mission Lifetime: HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.



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Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

CRIME STATISTICS



Mahogany Crime Activity was Up in November 2023

The Mahogany community experienced 6 crimes in November 2023, in comparison to 5 crimes the previous month, and 11 crimes in November one year ago. Mahogany experiences an average of 6.6 crimes per month. On an annual basis, Mahogany experienced a total of 79 crimes as of November 2023, which is down 32% in comparison to 116 crimes as of November 2022. To review the full Mahogany Crime report visit maho.mycalgary.com.

Copperfield Crime Activity was Up in November 2023

The Copperfield community experienced 6 crimes in November 2023, in comparison to 3 crimes the previous month, and 4 crimes in November one year ago. Copperfield experiences an average of 6.2 crimes per month. On an annual basis, Copperfield experienced a total of 74 crimes as of November 2023, which is down 27% in comparison to 102 crimes as of November 2022. To review the full Copperfield Crime report visit copp.mycalgary.com.

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



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

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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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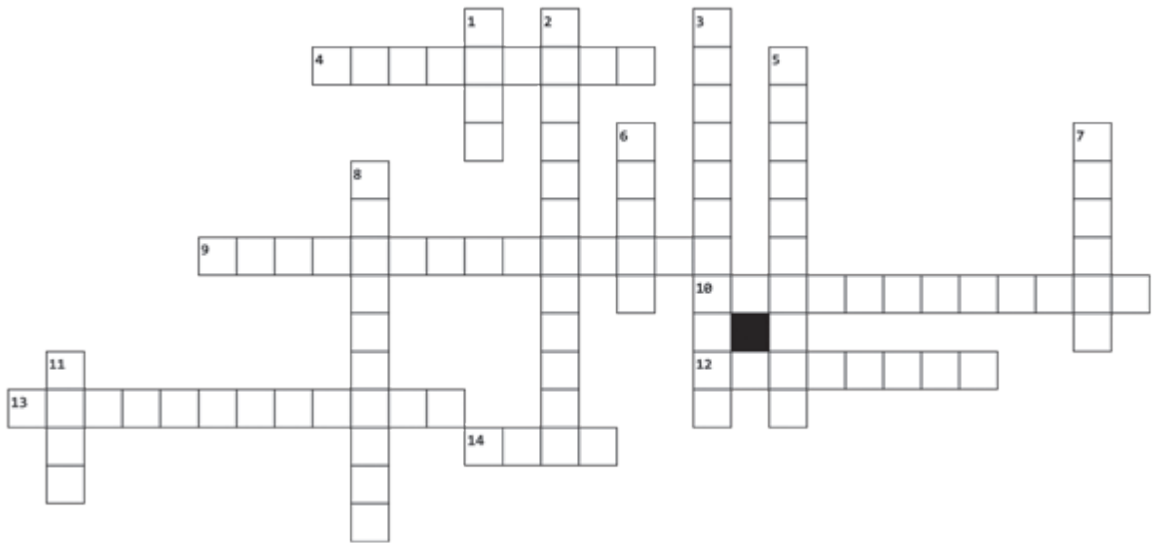
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January Crossword

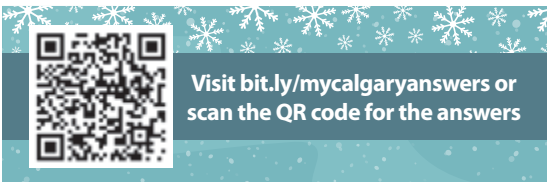


Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



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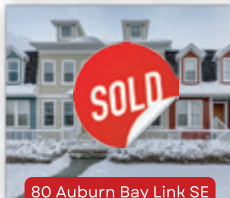
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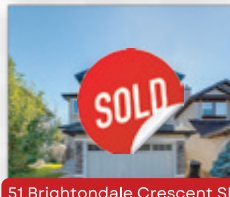
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