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MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	44	41	\$624,900	\$629,900
April	24	49	42	\$679,950	\$680,000
March	24	57	51	\$649,900	\$640,000
February	24	51	47	\$649,900	\$638,000
January	24	36	16	\$694,450	\$688,250
December	23	25	34	\$682,450	\$680,000
November	23	32	33	\$549,900	\$549,900
October	23	40	30	\$597,450	\$590,000
September	23	29	35	\$649,900	\$635,000
August	23	34	42	\$644,900	\$641,500
July	23	56	36	\$614,950	\$620,750
June	23	58	63	\$639,900	\$642,000

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
May	24	44	35	\$449,900	\$466,000
April	24	28	42	\$542,400	\$557,700
March	24	51	39	\$499,800	\$552,000
February	24	29	27	\$475,000	\$468,000
January	24	20	13	\$494,900	\$518,000
December	23	10	14	\$464,450	\$443,450
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

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CONTENTS

- 8 CA TENNIS COURT
- 15 CA STAMPEDE IN THE PARK
- 19 HOA SKATEBOARD LESSONS
- 20 HOA YOGA FOR HEALTHY AGING
- 28 BUSINESS CLASSIFIEDS



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MAHOGANY



COPPERFIELD



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 www.cmcommunity.ca

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

We can be reached by phone at 403-532-8864
or by email at info@mycopperfield.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.



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/!](https://cmcommunity.ca/memberships/)

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

Other Benefits Include:

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

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

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

Show support for your community and purchase your membership today!



Copperfield™ | **MAHOGANY™**
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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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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Farm Stand Program



Copperfield Community Association

Tuesdays 2-6pm

6 Copperstone Way SE

In partnership with The City of Calgary and Copperfield Community Association, **Shirley's Greenhouse** is running a farm stand in our community. Stop by and grab some fresh Alberta veggies and meat to spice up your dinner!



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
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.

YOUR CITY OF CALGARY

Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at calgary.ca/CalgaryConversations or on Spotify, Apple podcasts, Amazon podcasts, and YouTube.

JOKE OF THE MONTH

WHY DID THE GOLFER BRING TWO PAIRS OF PANTS?

IN CASE HE GOT A HOLE IN ONE.

How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

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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Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri



Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!





**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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Hours of Operation: 9:00 am to 10:00 pm daily

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Program and Event Manager	Amy Cornett	pem@mahoganyhoa.com
Office Manager	Vanessa Jollimore	om@mahoganyhoa.com
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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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Bright Stars Preschool



Bright Stars Preschool, with locations in the Mahogany Beach Club and Copperfield Community Hall.

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!

You can visit the website at www.brightstarspreschool.ca or email kailiparkinson@gmail.com to learn how to get your little one registered.

SKATEBOARD

LESSONS FOR ALL LEVELS

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We offer a range of activities and exercises to help enhance your skills, from basic maneuvers to more complex tricks and techniques.

Mahogany Community Skatepark
SUMMER 2024
29 Masters Park SE Calgary

JOIN NOW!

For more information, visit:
www.mahoganyhoa.com



MAHOGANY | HOMEOWNERS
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YOGA FOR HEALTHY AGING

Yoga with Sinéad

Residents: \$12
CMCA Members: \$14
Non-Residents: \$16



Join Yoga Instructor Sinéad for a pop-up Yoga for Healthy Aging class, outdoors at the Beach Club this summer. This is a wonderful chance to experience Yoga in the morning sun!



July 24th & August 14th



10:00 AM – 11:00 AM

www.mahoganyhoa.com





MAHOGANY | HOMEOWNERS ASSOCIATION

BEACH BLASTER

FAMILY FUN - SANDCASTLE CONTEST - MUSIC

Mark your calendars for Saturday, July 20, and join us at the Mahogany Beach Club from 12:00 PM to 3:00 PM for an unforgettable experience.

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MAHOGANY RESIDENTS & GUESTS

SAT

20 July, 2024 At 12:00 PM
29 Masters Park SE

@mahoganyhoa



Cannabis and Youth

by Alberta Health Services



Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is it the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modelling and applying the same expectations for yourself will support maintaining consistency.

References:

- Protecting children and adolescents against the risks of vaping | Canadian Paediatric Society (cps.ca).
- How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction (drugfree.org).
- Mental Health Literacy. (2024). Cannabis. Retrieved March 21, 2024, from, Cannabis - Mental Health Literacy.

Know the signs of STROKE

F **Face**
is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke
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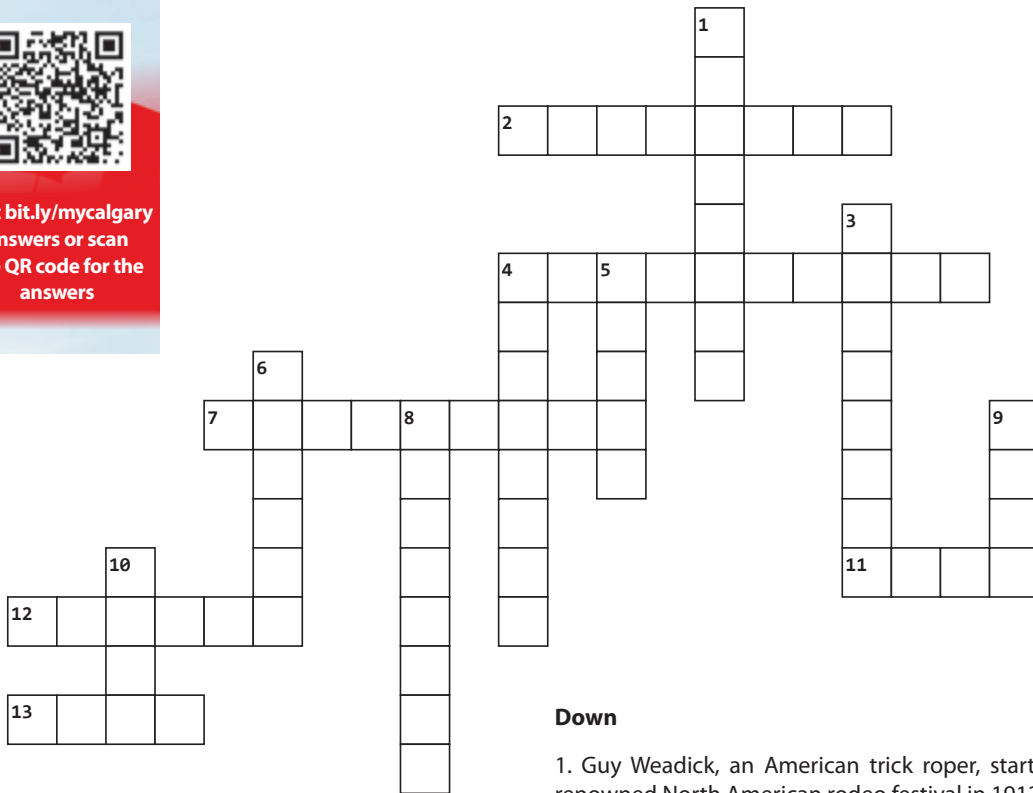


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July Crossword



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



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

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

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Taking Charge of Your Health: Top Advice from Calgary Family Doctors

by the Calgary Foothills Primary Care Network



In our ever-changing health care landscape, taking an active role in your health is more important than ever. We asked our family doctors for their top advice for patients who want to take a more collaborative approach to their health.

Ask Questions

Understanding your condition fully can be daunting, but by requesting resources and written next steps, you can leave the clinic with a clear plan and a better grasp of your health. Dr. Christine Luelo advises: "Ask questions, especially the ones you are afraid to say out loud."

Get Involved

Dr. Noreen O'Riordan encourages patients to be fearless in their conversations with their doctor. "Being actively involved in decision making in relation to our own health improves our experience and outcomes." By gaining a deeper understanding of your conditions and treatments you can help improve your overall health.

Knowledge is Power

Dr. Shafeena Premji says: "We live in a beautiful world today, where now more than ever, information is at our fingertips ... knowledge is power." She advises patients to become familiar with their baseline risk factors, such as blood pressure, blood sugar, cholesterol, and breast

density. "Focus on making those daily micro-wins in your daily habits and lifestyle choices." Small, consistent improvements can lead to significant health benefits over time.

Team Support

Dr. Janet Reynolds urges people to take full advantage of the free help available from Primary Care Networks. Family doctors work closely with the PCN team of health professionals such as nurses, mental health counsellors, and dietitians, to support you. "I love working with a team. It's the support and the comfort in knowing I don't shoulder the entire burden of care," says Dr. Reynolds.

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