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COPPERFIELD AND MAHOGANY COMMUNITY NEWSLETTER



Copperfield MAHOGANY
COMMUNITY ASSOCIATION

MAHOGANY HOMEOWNERS
ASSOCIATION



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CONTENTS

- 10 RECIPE: SHRIMP AND RICE NOODLE STIR FRY
- 12 CA FARM STAND PROGRAM
- 21 HOA SUMMER CAMP
- 26 RESIDENT PERSPECTIVES: HOW TO HAVE A BUDGET-FRIENDLY MOTHER'S DAY
- 28 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MAHOGANY



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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President	Jason Fiander	president@mycopperfield.ca
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Neighbourhood Watch	Leigh Pukin	neighborhoodwatch@mycopperfield.ca
Member at Large	Hayley Bell	
Member at Large	Dennis Agbegha	
Member at Large	Justin Huseby	
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!



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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MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	66	52	\$649,900	\$642,450
February	24	55	47	\$649,900	\$638,000
January	24	36	16	\$694,450	\$688,250
December	23	26	34	\$682,450	\$680,000
November	23	32	33	\$549,900	\$549,900
October	23	41	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
May	23	35	42	\$609,450	\$612,250
April	23	46	43	\$615,000	\$615,000

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
March	24	53	39	\$499,800	\$552,000
February	24	29	27	\$475,000	\$468,000
January	24	21	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
May	23	54	53	\$449,900	\$460,000
April	23	29	34	\$425,000	\$461,250

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

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

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced



- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



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Watch our interview with Bryan Baeumler





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!

Starting May 21



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
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.

BRAIN GAMES

SUDOKU

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

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Looking for Volunteering Opportunities in the Community?

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

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

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

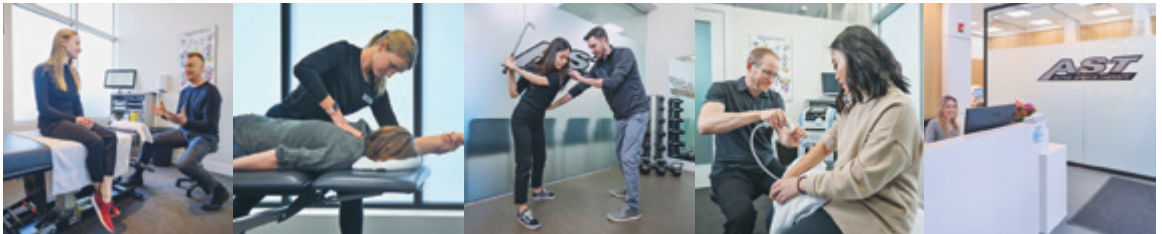
The survey will provide you with a comprehensive list of all the volunteering opportunities available in our

community right now. You will also have the chance to learn about the specific responsibilities, and how you can get involved.

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

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

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



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Keys to Good Oral Health

by Alberta Health Services

A person's smile has an important link to overall well-being and health. Our mouths and teeth aren't just for chewing. Oral health impacts our speech, the enjoyment of food, and the way we express feelings and emotions. Good oral health gives us confidence to live, work, and play.

Oral Health and You

Good oral health means more than having a nice smile! Your mouth can tell you a lot about the health of your body.

Oral health and general health have a two-way relationship. Oral diseases can cause poor general health, which can lead to oral health problems. For example, diabetes increases the risk of gum disease and gum disease can make diabetes harder to manage.

Preventing Common Dental Problems

Tooth decay, gum disease, and oral cancer are chronic oral diseases. A chronic disease is a health condition that lasts a long time and can affect people of all ages. Most chronic diseases can be prevented, but they are still the leading cause of poor health, including poor oral health.

The most common dental problem is tooth decay (cavities). Bacteria in the mouth mix with sugars from foods and drinks to make acids which weaken the teeth causing tooth decay. But it is preventable. Through good oral habits and consistency, you can ensure your beautiful smile lasts a lifetime.

Here are some tips on how to protect against tooth decay and other oral health problems:

- Brush your teeth and floss at least two times a day.
- Eat a healthy diet and limit sugary food and drinks.
- Visit your dentist for regular checkups or if oral health problem starts.
- Avoid tobacco use.

Taking good care of your teeth and gums each day is an important way to prevent tooth decay and gum disease. Finding and treating dental problems early leads to better oral health. Good oral health lowers the risks linked to diabetes, heart disease, cancer, and chronic respiratory diseases.



Fluoride can also protect against tooth decay in both children and adults. Getting an early start using fluoride has life-long benefits.

Adults have less tooth decay if they start using fluoride when they're children. Fluoride is an important mineral that keeps teeth healthy and for decades it has been used to prevent tooth decay. It's found naturally in soil, air, and water. Fluoride strengthens the tooth's outer surface (enamel) and repairs damage caused by tooth decay acids. Fluoride is available in different forms such as:

- In some communities' tap water.
- Oral care products such as toothpaste and mouth rinse.
- In fluoride varnish or gel applied by dental health professionals.

Did you know? Your child may be eligible for free fluoride varnish services. AHS offers a fluoride varnish program for children in preschool and school-aged children.

Visit [ahs.ca/oralhealth](https://www.ahs.ca/oralhealth) to learn more.

How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

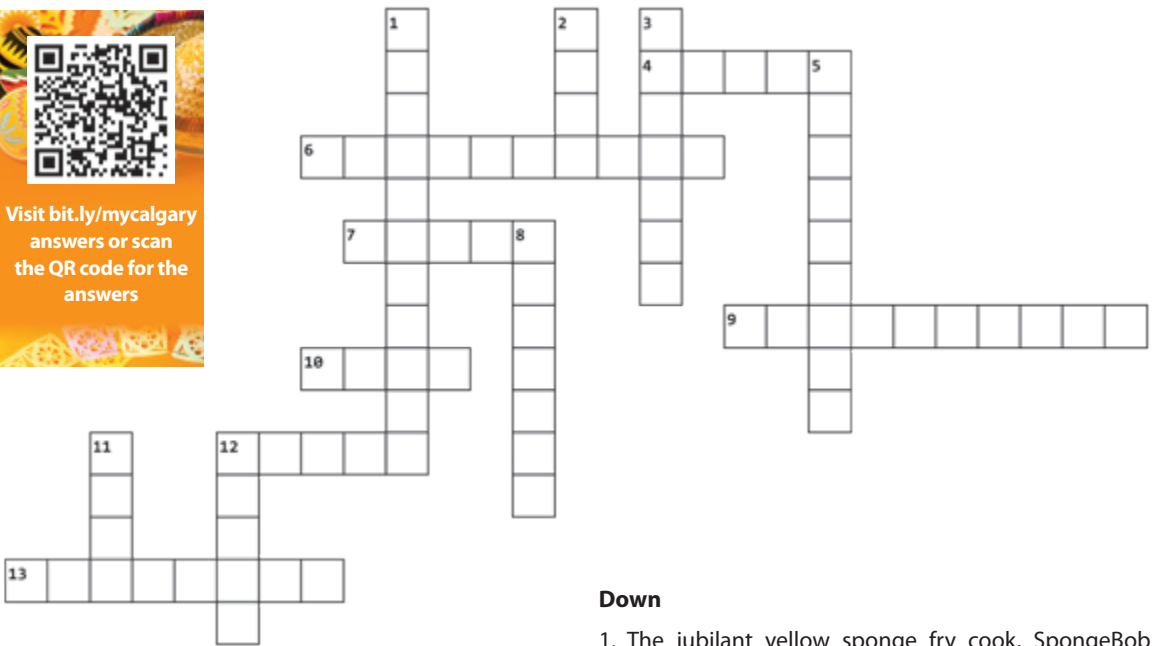
8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



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

29 Masters Park SE, Calgary, AB, T3M 2C1 • Ph: 403-453-1221
Fax: 403-474-1202 [f https://www.facebook.com/mahoganyhoa](https://www.facebook.com/mahoganyhoa)
[x https://twitter.com/mahoganyhoa](https://twitter.com/mahoganyhoa)
Hours of Operation: 9:00 am to 10:00 pm daily

CONTACTS

General Manager	Sally Lockhart	gm@mahoganyhoa.com
Facilities Manager	Vicky Winder	fm@mahoganyhoa.com
Program and Event Manager	Amy Cornett	pem@mahoganyhoa.com
Office Manager	Vanessa Jollimore	om@mahoganyhoa.com
Bookings Coordinator	Iva Woodward	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.

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.

www.kilbco.com

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COMMUNITY SPRING CLEAN UP

Saturday, May 11th, 2024 | 9:00 AM – 1:00 PM



WEAR YOUR YELLOW AND BE A PART OF A COMMUNITY OF FELLOW VOLUNTEERS

Join us for our Spring Clean Up from 9:00 AM to 12:00 PM followed by lunch and live music as a special thank you!

Sign Up & Show Up. All are welcome.

THE CHURCH OF
JESUS CHRIST OF
LATTER-DAY SAINTS

JUNK WORKS





2024 Annual General Meeting (AGM)

SAVE THE DATE

Monday, May 27, 2024
7:00 PM – 9:00 PM

COMMUNITY CENTERED

AGM will be held at the Mahogany Beach Club, in the Banquet Hall.

PRIMARY HOMEOWNERS

One member of the household. Must be in good standing with HOA fees.

MORE DETAILS COMING SOON



WWW.MAHOGANYHOA.COM

MAHOGANY BEACH CLUB SUMMER CAMP

Come see what your very own backyard has to offer, and celebrate the wonders of the wilderness, and the joy of outdoor adventure.



CAMP TIMES

8:00 AM – 5:00 PM



NINE WEEKS

July 2 – August 30



MAHOGANY

HOMEOWNERS
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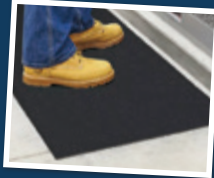
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How To Have a Budget-Friendly Mother's Day

by Danielle Robbertze

With Mother's Day being celebrated on May 12 this year, you might wonder how to spoil your mom or maternal figures in your life without spoiling your bank account. As we live in a time of heightened consumerism, Mother's Day is one of the many holidays where prices are jacked up for ultimate profitability. Although it would be nice to receive a bouquet of flowers, eat out at a fancy restaurant, or treat your mother to a luxury spa day, this is not the reality for many people out there.

So let us look at a few ways you can save this Mother's Day and still show your mother some much-deserved appreciation.

1. Handmade All the Way

Mother's Day cards are a popular way to show your appreciation to maternal figures. Although the cards in stores may look great, they are often impersonal and contradict what the whole day is about. Test your creative skills and make a card that would genuinely mean something to your mother. This is not only something for young children to explore but for adult children as well.

Remember to include a heartfelt message that truly shows your appreciation. Make it as personal as possible by including memories that you will forever cherish of your mother. Other handmade options can include curating a family photo album or scrapbook.

2. Bring Luxury to the Home

Instead of taking your mother to a spa with exorbitant prices, plan a spa day at home. A simple foot massage or face mask with relaxing music in the background and candles goes a long way. Treat her to some budget-friendly beauty products which you can find at your local pharmacy or grocery store and make it into a gift basket. Items can include face masks, bath salts, body lotions, bubble bath, and essential oils.

3. Make the Day About Her

As Mother's Day falls on a Sunday annually, let your mother sleep in and wake her up with a breakfast filled with her favourite treats. Clean the house, tend



the garden, and possibly buy the groceries, so that she doesn't have to worry about any of that on her day off.

Make her a special lunch or dinner at home where the whole family sits at the table. Go around the table and make everyone list what they appreciate about her.

Remember this day is not about showing your love through money but rather through quality time and thoughtful gifts.

*Happy Mother's Day!
Or Maybe Not...*

This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!

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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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Yard Security: Keep Your Dog Safe

by the City of Calgary

Securing your yard to prevent your dog from escaping is crucial for both your pet's safety and the well-being of your community. Not only does it ensure that your furry friend stays out of harm's way, but it also minimizes the risk of accidents with neighbours.

Here are some measures to safeguard your yard:

- Inspect your yard perimeter for any existing gaps, holes, or weak spots in the fence or barriers. Reinforce these areas by repairing fences, filling in holes, or adding additional barriers like chicken wire or lattice. Ensure that gates are securely closed and consider installing locks or latches.
- Assess potential escape routes such as low-hanging branches or objects near the fence that could be used as leverage for climbing. Remove objects that could assist your dog in scaling the fence.
- Supervise your pet while they're outside and provide ample mental and physical stimulation to deter them from attempting to escape out of boredom or frustration.

Moreover, licensing your dog is not only a legal requirement but also aids in their safe return if they do manage to escape. Proper identification, including tags and microchipping, with current contact information significantly increases the chances of being reunited with your pet as well.

Securing your yard keeps your dog safe and contained and is part of responsible pet ownership. By taking proactive measures to prevent escapes, you're ensuring the well-being of your furry companion and fostering a safer environment for everyone.

Learn more at calgary.ca/petlicences.



Emergency Preparedness Week Is May 5 to 11, 2024

by the City of Calgary

Emergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.



Emergency Preparedness Week is May 5 to 11, 2024. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.

- Know the risks. Learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed. Stay tuned to local and regional emergency alerts and other trusted sources of information such as local radio, television, and social media.
- Get prepared. Every emergency is different, but having a plan will help you and your family know what to do and who to contact in different situations. Get started by downloading our emergency action plan, available in different languages at ca/getready.

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers, and friends often provide crucial support during times of crisis. Creating a network that you can rely on during an emergency can help you and others in your network stay safe.

Visit calgary.ca/getready to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.

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