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MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	55	29	\$679,900	\$680,000
July	24	48	30	\$762,450	\$758,500
June	24	52	41	\$745,000	\$732,000
May	24	44	42	\$622,450	\$627,450
April	24	46	42	\$679,950	\$680,000
March	24	57	51	\$649,900	\$640,000
February	24	51	47	\$649,900	\$638,000
January	24	32	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

COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	42	32	\$439,950	\$444,950
July	24	39	32	\$521,450	\$518,750
June	24	35	29	\$449,000	\$459,500
May	24	42	36	\$449,950	\$470,500
April	24	28	42	\$542,400	\$557,700
March	24	51	39	\$499,800	\$552,000
February	24	28	26	\$475,450	\$474,000
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

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

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

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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@mycopperfield.ca
Hall Hours: By appointment only

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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!

Mmm, Coffee!

October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!



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.





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
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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Nobel Canadians

Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



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@MYCOPPERFIELD.CA



CMCA'S

HALLOWEEN PARTY FOR KIDS

OCTOBER 27TH

2 TIME SLOTS FOR 30
KIDS EACH

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REQUIRED

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DETAILS

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CHRISTMAS
INITIATIVE

NOMINATIONS OPEN

Email: copperfieldhelpinghands@gmail.com

- Provide the/your family's name and address. (They **MUST** be a Copperfield resident)
- Provide ages of any family members and a description of their interests or clothing sizes for the purpose of the Christmas gift.
- Provide any information regarding dietary restrictions and allergies.
- Provide a brief account of why you believe this family is in need of a helping hand this holiday season.

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WITH OR WITHOUT CHILDREN

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ONLINE BOOKING AVAILABLE



Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter

by the City of Calgary



Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.

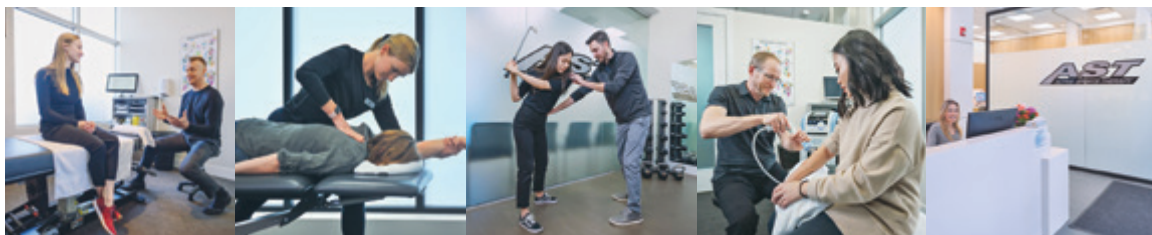
You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit calgary.ca/waterguide.



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Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

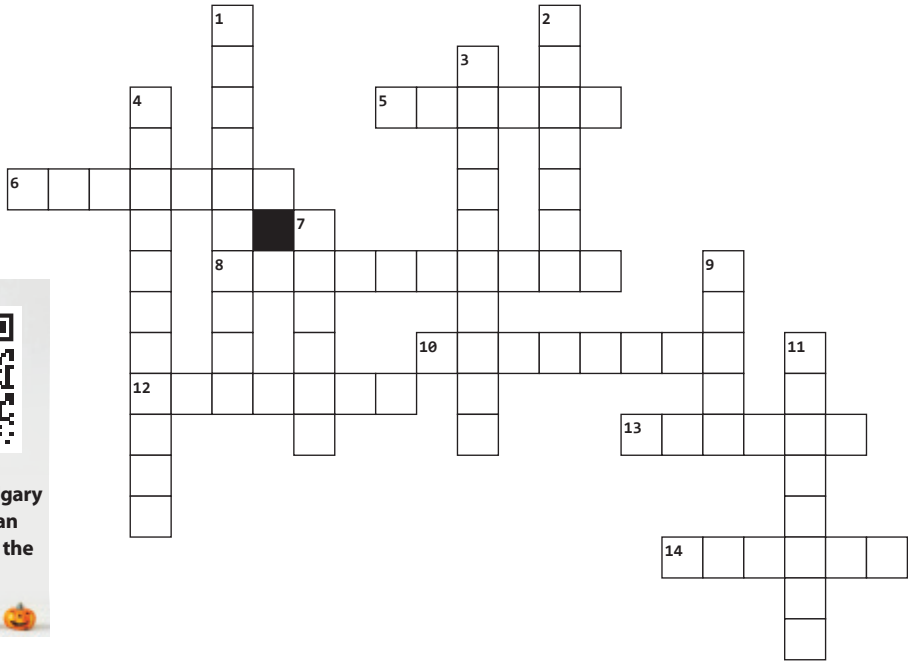
6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

October Crossword




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



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.



Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4

Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- 1/2 tsp. of salt
- 1/4 tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.


- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.

- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.



- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



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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.

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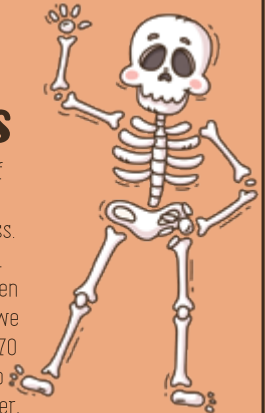
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Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



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2024 FALL PROGRAMS

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HALLOWEEN HOWL & MONSTER MASH EVENT

MAHOGANY | HOMEOWNERS
ASSOCIATION



Saturday, October 26th
12:00 PM to 3:00 PM
29 Masters Park SE

**Gather your family and friends,
wrap up warm, and join us for a
frightfully fun day that you
won't want to miss**

Take home a free pumpkin with a donation
to the Veterans Association Food Bank!

We'll be accepting cash and food donations
for the Veterans Association Food Bank
throughout the event. Every contribution
helps provide essential support to those
who have served our country.

For more information, visit:
www.mahoganyhoa.com

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Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES SUDOKU

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

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3.5 Baths



3 Cars




3074

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2024 MAHOGANY ENCUMBRANCE

Encumbrance fee invoices will be available for download from your member account during the first two weeks of November each year, providing a 60-day notice before the annual fee deadline. Notifications will be sent via email to the primary homeowner on record.

IMPORTANT DEADLINES

Payment Due Date: December 31, 2024

Account Lock Date: January 1st for any unpaid fees

Interest Charges: Interest will be applied to outstanding balances in February, March, April.

PAYMENT OPTIONS

Online or Phone: Pay by credit card through Ivrnet (3% processing fee for credit cards).

In Person: Pay by debit, cheque, or credit (3% processing fee for credit cards) at the Mahogany Beach Club during business hours.

By Mail: Make cheques payable to "Mahogany Homeowners Association" and mail them to 29 Masters Park SE, Calgary AB, T3M 2C1. You may also drop off cheques at reception during business hours or use the drop box located to the left of the catering doors at the front of the main building outside business hours.

Tips for a Healthier Relationship with Social Media and News

by Alberta Health Services



Social media and news can help you stay connected. But all that information can also be overwhelming. It can disrupt your day, and it's easy to form habits you didn't mean to.

Be sure to stay safe while using social media. Be careful with the information you share and who you share it with when you're online. If someone is harassing or threatening you, unfriend or remove them from your friends list, block them, and report them to the site administrator. Learn about how to use the privacy settings on social media and keep your security software up to date.

Tips to Consume Social Media and News in a Healthy Way

- Know your goal. If you want to use social media to stay up to date on community events, log off after you have the information you need. If you're trying to stay caught up on the day's events, do you need to keep an eye on the headlines all day? Maybe a check-in once a day is enough.
- Notice how it makes you feel. Does seeing what friends are sharing make you happy? Or does it make you feel down? Does the daily news stress you out? When you know how news and social media affect you, you can decide if you need to make some changes to how you use them.
- Don't compare your everyday life to someone else's online life. People usually post about the shiny parts of their lives instead of daily struggles or disappointments. So even if what you're seeing is a true story, remember that it won't be the whole story. Add to your life and learning with real-world experience.
- Change notification settings. That way you can find information you want when you're ready for it, instead of letting it find you.
- Unfollow and hide feeds as needed. If accounts you follow or friends you have post things that stress you out, get rid of them. If you don't want to "unfriend" someone, just change your settings so that you don't see what they post anymore. They'll never know.
- Follow the feel-good stuff. The news can be heavy. Try to find balance by focusing on things that make you feel happy. Try following social media accounts that are focused on your interests or on things that make you laugh. And sign up for "good news" mailers. Most major news outlets offer them, or something like it. To help you find balance try tracking how much time you spend on social media or reading news.
- Set a time to step away. Make time to disconnect from news and social media. Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend. It doesn't matter what you choose to do. Just make sure it's something that feels supportive and worth your time.

**PARADE OF LIGHTS
& TREE OF HOPE**

**Saturday, December 7, 2024
Mahogany Beach Club
5:00 PM to 7:00 PM**

Local residents, groups and businesses can join
with a parade float for free!

Registration link coming soon to
www.mahoganyhoa.com

16 NOV

10:00 AM to 4:00 PM
29 Masters Park SE

The Grand South CHRISTMAS MARKET



MAHOGANY | HOMEOWNERS
ASSOCIATION

WWW.MAHOGANYHOA.COM

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ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Mahogany? Our unified team of expert practitioners have one common goal - to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

LANDSCAPING & SNOW REMOVAL: AS/F Contracting specializes in landscaping & lawn care services, residential, commercial, spring clean ups, tree pruning and more. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com | asfcontracting1@gmail.com.

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continued on next page

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the Gutter Doctor 403-714-0711
gutterdoctor.ca

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A Canadian Gem

October 23, 1976, is the birthday of one of Canada's biggest gems in the movie industry. He was born in the lovely city of Vancouver, British Columbia before moving to LA in the late 90s. A charismatic, goofy, fun-loving guy, Mr. Ryan Reynolds turns 48 this year! Looking good, Ryan!

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LivingInMahogany.com
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