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COPPERFIELD



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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/>!

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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Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:
403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)



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
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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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

Calgary



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!

Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!



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Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.
- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of

negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.

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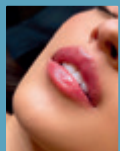
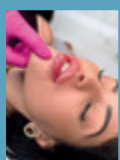


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Encouraging Physical Activity in Children

by Alberta Health Services

Physical activity is key to lifelong health and wellbeing. Children as young as preschool age benefit from exercise and fitness as much as adults do.



Being active helps children and teens to feel stronger and have more energy to do all the things they like to do. It can help them feel, think, and sleep better. It allows them to focus when they're at school and perform better in sports. They can reach and stay at a healthy weight and build lean muscle. Being physically active lowers the risk for serious health problems, and keeps bones, muscles, and joints strong.

Tips for Getting Moving!

One of the best things you can do for your child's health is to help make physical activity a habit, something that will be a natural part of your child's daily life through adulthood.

Stay positive! It's important for children to have fun, so don't force them to exercise. Instead, find activities they like to do and will do without being asked.

Create ways for your child to be active for at least one hour each day. Try to break it up throughout the day so it adds up to one hour. Encourage your child to do things like running, jumping rope, or playing soccer.

Plan family activities that involve exercise. Hike, bike, wash the car, walk ... the options are endless. Try an online exercise video. Offer choices, and let your child decide.

Have your child invite a friend over. This can be a weekly planned physical activity, such as a bike ride, water balloon toss, or building a snow fort in the yard.

Join other families and create neighbourhood time. Include group activities like touch football, basketball, or hide-and-seek.

Let your child try different organized activities. See what your child enjoys! Basketball, lacrosse, dance, soccer, martial arts ... again, the options are endless. Praise your child for doing exercise that they enjoy.

Talk to your child's caregiver or sitter. Discuss ways they can encourage your child to be physically active throughout the day.

Get your child involved in activities at schools or clubs. Check local schools, YMCAs, and other community resources for exercise or sports programs. Take your child with you to your health club if it has a family exercise time or a swimming pool.

Types of Activities for Children

There are three types of activities that children should take part in:

- **Aerobic or "cardio" exercise:** This kind of exercise strengthens the heart and lungs and builds endurance. Children often get aerobic activity without realizing it. Playing tag, dancing, swimming, racing down the street, walking, and playing catch with friends all provide aerobic exercise. Many schools and communities have programs for soccer, T-ball, and other activities. These are great ways for your child to get aerobic exercise and meet new friends.
- **Muscle strengthening:** This type of exercise helps support proper posture, balance, coordination, and reduces the risk of injuries. Regular strength training can help regulate metabolism and improve insulin sensitivity, reducing the risk of obesity and related metabolic disorders in children. Playing on playground equipment, monkey bars, rope or tree climbing, and gymnastics are a few examples of activities that work on muscle strengthening.
- **Bone strengthening:** Anything that uses the body to work against gravity, like running, jumping rope, playing hopscotch, and playing basketball are activities that help with bone growth and strength. Many bone strengthening activities are also aerobic and muscle strengthening exercises.

Your Child's Habits Start with You!

The most important thing to remember is that you are your child's role model. Your habits affect your children's habits. If your habits are healthy – eating a balanced diet, getting regular exercise, looking forward to tomorrow, for example – your children are more likely to build those habits in their own lives.



**There's More
in Mahogany!**

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For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website: www.mahoganyhoa.com

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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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**Do You
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Do you remember the 21st night of September? Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

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GAMES & PUZZLES

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



SCAN THE QR
CODE FOR THE
ANSWERS!

Checkmate!



On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!

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A Walk in the Wetlands

by Alisha Sharma



Wetlands are a very important part of our community. They serve as a habitat for birds and other animals, especially when things such as city development force the animals out of their homes. Well, I'm here to support the idea of going to the wetlands more often. Let me share my experiences in the wetlands with you.

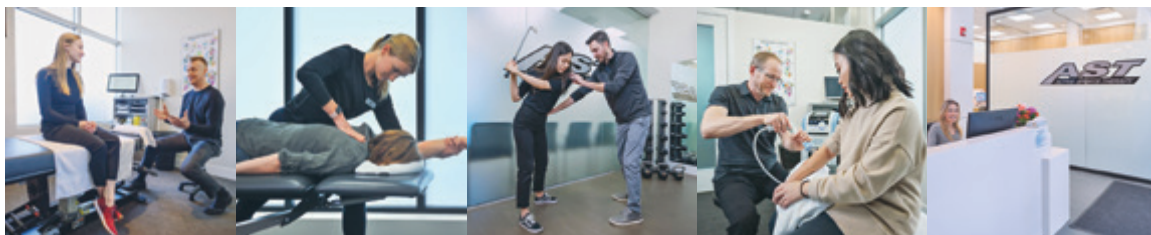
I enjoy going to a trail in the Silverado community which runs along a lively wetland. My favourite thing to do there is birdwatching. There's a good range of birds in the wetland, so I recommend doing a bit of birdwatching in your free time. Common birds found there include yellow-headed blackbirds, red-winged blackbirds, Grackles, American Robins and if you're lucky, you'll find

some ducks there as well. And the occasional run-in with the dreaded Canadian Geese!

The wetlands are also a great place to just walk, enjoy the view, and find a bit of time for yourself, which I know some people really struggle with. It's calming, especially with all the sights and sounds; it definitely helps get rid of any stress. So, if you're looking for your next "you-time" destination, check out the wetlands and see what you think.

I've recently noticed that each time I've walked or cycled in the wetlands, I've felt more active. My guess is it's all the Vitamin D from the sun (but still, don't forget sunscreen!). I feel I've improved my physical activity and I feel really good after a peaceful walk. I'm a kid and so far, being in the wetlands has piqued my curiosity because of the variety of creatures and plants. I just can't help but explore it.

I hope you will begin exploring your local wetlands. Maybe next time you need somewhere to walk, to have a bit of "you-time", or even to meet new people, make sure to try the wetlands.



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WORD OF THE MONTH

Thaumaturgy: noun (thaw-muh-tur-jee)

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	46	31	\$749,900	\$742,000
June	24	57	41	\$745,000	\$732,000
May	24	44	42	\$622,450	\$627,450
April	24	47	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
August	23	34	42	\$644,900	\$641,500

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
July	24	40	32	\$521,450	\$518,750
June	24	36	29	\$449,000	\$459,500
May	24	43	36	\$449,950	\$470,500
April	24	28	42	\$542,400	\$557,700
March	24	51	39	\$499,800	\$552,000
February	24	29	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
August	23	39	52	\$419,950	\$417,500

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