# Mid-Sun messages

# THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER







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# **Mid-Sun Community Association**

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	CFRS

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president@midsun.org

Vice President Vacant

Treasurer Keith Pedersen

keithpedersen@live.com

Secretary Karen MacDonald

**MID-SUN DIRECTORS** 

Director of Operations Keith Pedersen

keithpedersen@live.com

Fundraising Vacant

Planning and Development Vacant

Policy Patsy McNish

president@midsun.org

Community Garden Wayne Hewitt

midsungarden@gmail.com

Community Playgrounds Erin Delamont

midsunplayground@gmail.com

SFC Recreation Rep Doug Bouwmeester

dougbowmeester@shaw.ca

Community Traffic Concerns Ian Laird

traffic@midsun.org

Community Seniors Joan Trotz and Programs Darleen Hornaday

CONTACTS

Mid-Sun OOSC Program Servicing St. Theresa of Calcutta

School

403-256-4422

childcare@midsun.org

Midnapore OOSC Program Servicing Midnapore School

403-254-0288

midnaporeoosc@midsun.org

Past President Mark Schmidt

MLA for Calgary-Fish Creek Myles McDougall

calgary.fishcreek@assembly.ab.ca

Ward 14 Councillor Peter Demong

eaward14@calgarv.ca

MP for Calgary-Midnapore Stephanie Kusie

stephanie.kusie@parl.gc.ca

#### CHURCHES

Sunwest Christian Fellowship Tree of Life Lutheran Church

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Lutheran Church of Our Saviour

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Fairview Baptist Church

Spiritual Community Church of the West

Red Deer Lake United Church

The Church of Jesus Christ of Latter Day Saints

Canyon Creek Christian Fellowship

Campbell-Stone United Church

Southview Church
Knexions Church

Bonavista Baptist Church

St. Patrick's Church

Trinity Mennonite Church



We are looking for people to join our volunteer base and lend a helping hand with community events such as, Stampede Shutdown, Community Clean Up, Annual Casino Fundraising, etc. If you would like to be added to this list, please visit our website and subscribe to our volunteer newsletter. You will find this under the Your Community tab – Community Events!

If you're interested in volunteering on our Association's Board of Directors, please send an email to our Board President at president@midsun.org.

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

MIDNAPORE



**SUNDANCE** 



#### MENU FILE EDIT BOOKMARKS HISTORY VIEW OPTIONS HELP



http://midsun.org

Registration Day Q



Q When is Registration Day for Programs? X

Mid-Sun Community Centre Winter 2024 (January - April) Program Registration

Monday, December 18th.

Online: 7:00 am In Person/Over the Phone: 9:00 am



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# NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

#### **Welcome to Winter**

The Board of Directors, management, and staff at Midnapore Lake would like to take this opportunity to wish you and your family a very Merry Christmas and a Happy Holiday season! Best wishes to everyone for the New Year.

Our Christmas light display is scheduled to be turned on starting December 1, 2023.

Please be advised that we will have reduced hours over the holidays and will be closed on Christmas Day to allow our staff to spend time with their families.

Please keep your eye on our website, www.midnaporelake. ca, or our Facebook page for updated park and office hours, ice conditions, and operational limitations. Please know that we are working to have the hockey rinks and pathway open by the Christmas season.

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

#### **Invoicing – Important!**

2024 invoices will be distributed by email. If you have not provided the office with your email address, or if you think you may have an old email address on file, please contact us at 403-256-0550 and we will update your account.

Please ensure that you check your email before December 1 to access your invoice.

If you have any questions or have not received your invoice by the middle of December, please call the office at 403-256-0550.

Please note that invoices are due by January 1 of each year. Not receiving your invoice is not a valid reason for non-payment. Fees for 2024 remain the same as 2023 at \$255 + \$12.75 (GST) = \$267.75. For your convenience, we recommend payment by e-transfer. We do not accept credit card payments over the phone and do not accept cash. This year a \$5 convenience fee will be added to the fee for the use of credit cards. There is no additional fee for paying via debit or e-transfer.

Office hours will be extended in December and January to accept payments (please check the website, www. midnaporelake.ca, for details).

#### **Looking Forward**

Christmas lights will be turned on December 1.

Skate with Santa (tentative – December date TBD)

Skating Lessons – check Facebook and the website for registration information. Lessons will start in January.

Please check our Facebook page, our Instagram account, and our website www.midnaporelake.ca. Also, watch for email notifications which you will receive only if your email address is registered with our office.

#### President's Message

As we draw to the end of 2023, I encourage you to come enjoy our beautiful lake. The December lights are beautiful. Staff work hard to have the ice surfaces ready to go, and they are monitoring ice thickness to ensure all our safety. Pathways are kept clear so that you can enjoy a walk. Or maybe come climb the hill and boldly toboggan out onto the lake. It is a delight for the MLRA Board to see the lake being enjoyed by community members and their guests.

We added a convenience fee to Lake fees paid via credit card in an effort to encourage people to use e-transfer. E-transfer can be done from home and there is no cost to the lake to collect the fee this way. Did you know that if everyone paid by credit card it would cost the lake approximately \$6000 just in banking fees! The MLRA board is not seeking to make money from the convenience fee, merely offset the banking fees so that we can purpose that money towards maintaining the lake.

Moving into 2024 we are committed to taking care of this community asset. MLRA is proudly coming into its 47th year of operation. We are strategizing to make sure the lake continues its legacy as a treasured neighbourhood amenity for many years to come. I am thankful for the committed volunteers on the Board of Directors who give their time with a fiduciary focus on members.

Happy Holidays,

Jen Hawkins

president@midnaporelake.ca.

#### **Midnapore Lake Bookings**

For your Lake Room, Cookshack, and large group bookings please call the office staff at 403-256-0550.



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# Season's — Greetings

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Tannis (403) 829-7765 teampalmer@shaw.ca



Jason (403) 836-3018 jason@teampalmer.ca

# Chocolate Peppermint Fudge

- 1 (5-ounce) can evaporated milk
- 11/4 c. sugar
- 1/2 tsp. kosher salt
- 1 c. mini marshmallows
- 1 c. 60% bittersweet chocolate chips
- 1/2 tsp. pure peppermint extract
- 1/4 c. coarsely crushed peppermints
- Flaky sea salt



Line an 8x8" baking pan with parchment paper, leaving a 1" overhang on all sides. Bring evaporated milk, sugar, and kosher salt to a boil in a medium saucepan over medium-high heat. Stir constantly for 3 minutes. Remove from heat, quickly stir in marshmallows, chocolate chips, and peppermint extract until melted and smooth. Transfer fudge to pan and spread evenly. Sprinkle fudge with crushed peppermints. Refrigerate until firm, about 1 hour.

# Holiday tablescape Inspiration

Consider these easy, budget-friendly ways to dress up your dining space for the season:

- Choose neutral linens that fit any occasion.
- Order a festive floral arrangement or use fresh greenery to set a warm and inviting scene.
- Layer up! Begin with chargers, followed by dinner plates, linens, and place cards. Small napkins between plates can add an elegant touch.









# **Roasted Squash and Pesto Baguettes**

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baquettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

Prep Time: 25 minutes Cook Time: 40 minutes **Servings:** Four to six

#### **Ingredients:**

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsps. of Italian seasoning

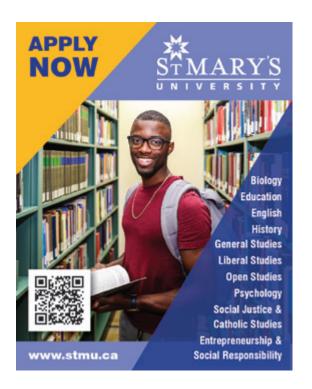
- 1 ½ tbsps. of extra virgin olive oil
- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baquettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

#### **Directions:**

- Heat oven to 375 degrees Fahrenheit.
- · Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- · Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!





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# **Mid-Sun Community Centre Social Seniors'**

As this year draws to a close, we would like to thank all of the local seniors who we have had the pleasure of spending time with as they participate in events. Our group has grown with one or more new members joining us on most Thursday afternoons. We would also like to acknowledge the staff of the Mid-Sun Community Centre who have been so supportive of our activities and the committee who volunteer to plan and ensure the success of our events.

Throughout the year we have learned and played a variety of card, board, and dice games, all the while visiting and laughing. In addition, we have participated in recognizing special days (i.e., St. Patrick's Day and Easter). Members also enjoyed a potluck at Midnapore Lake and as a fall event, a Jigg's dinner, Seniors' Week social, and Turkey lunch. A highlight of our year was a spectacular trip to Waterton. We also participated in three informative speaker sessions. It was a busy year! We welcome all seniors to join us in the upcoming year.

This year's last session of Thursday cards will be on December 14. We will resume meeting on January 11, 2024. Hope to see you then.

There will be no monthly Pub Nite in December as the busy season takes over. Watch for information about steak night at Dixon's in January.

Due to the popularity of our first two Bingo nights at the Community Centre, we will make this a monthly event beginning Monday, January 15. Please register at 403-254-8058 or online (www.midsun.org) if you plan to attend. Spaces are limited.

If you have some time in January, you are encouraged to join other seniors who will be volunteering with the Mid-Sun Community Association Casino fundraiser on January 23 and 24. For information, call 403-254-8058.

From your Social Seniors Committee at the Community Centre, we hope that you enjoy a happy, healthy festive season with family and friends and will join us for activities in the New Year.

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# MLA Calgary - Fish Creek Myles McDougall

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403-278-4444

Friends.

The Calgary Ring Road is to date one of the largest public infrastructure projects in Alberta. Earlier this year, construction of the new West Bow River bridge and new interchanges at Old Banff Coach Road and Bow Trail opened for traffic. This is a milestone toward the overall completion of the entire Calgary Ring Road in 2024. These openings have improved access for communities, cut travel times for drivers by up to 20 minutes, and have vastly improved travel times for commercial carriers. When fully completed, the Calgary Ring Road will provide 101 kilometers of free-flow travel, create new travel options for drivers, and reduce traffic congestion. Construction of the West Calgary Ring Road is the final piece of the entire ring project, and the focus is now shifting to the final phase between Bow Trail and Highway 8, which is on track to be complete in 2024. More information can be found at www.alberta.ca/calgary-ring-road-overview.

Lastfall, health care leaders, Indigenous partners, and experts from across Canada and around the world came together to form advisory panels as part of the Modernizing Alberta's Primary Health Care System initiative. The panels identified immediate, medium, and long-term improvements to strengthen Alberta's primary health care system. The recommendations will be implemented through a phased approach, with several moving forward immediately, improvements that will enhance community-based primary health care across Alberta. For more details see www.alberta.ca/modernizing-albertas-primary-health-care-system.

In addition to MAPS, Alberta's government announced the undertaking of a significant refocusing of Alberta Health Services. The new structure will center around four priority sectors: primary care, acute care, continuing care, and mental health and addiction. This will ensure Albertans get the health care system that works for them.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

If you have any questions or input, please feel free to reach out to my office at Calgary. Fish Creek@assembly.ab.ca.

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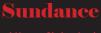
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# New Properties



9

# Sold Properties



Average Days on Market



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Median Sold Price

# Midnapore

Detached Home Stats - Last 45 Days



9

# New Properties



6

# Sold Properties



16

Average Days on Market



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Median Sold Price

