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Mid-Sun



THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER



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BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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Quilts for Cancer Patients

by Patricia Litke

Did you know?

A lap size quilt, (approximately 52 inches by 72 inches for an adult quilt) is available on request for any person in Canada dealing with cancer? The quilts are a gift with no cost being passed on to requestor or recipient.

The charitable volunteer organization that provides the quilts for men, women, and children is Victoria's Quilts Canada. I am privileged to be a volunteer with a local group Victoria's Quilts Okotoks, and we want everyone to know that we are here to support them. Maybe a family member or close friend is starting their cancer journey or receiving treatment. Please contact us for a quilt for them, which provides physical comfort, and lets the individual know that they are not alone in their struggle.

Requesting a quilt is simple. Please send a request to victoriasquiltsokotoks@hotmail.com or you can contact me directly at plitke@shaw.ca. To ensure that each individual receives only one quilt, information is entered into a secure database. When making a request, please include the full name, address, email address (if available), and phone number for both recipient and requestor. You can deliver the quilt or, if it is for someone in another part of Canada, a local group can be contacted to mail the quilt. Our quilts are 100% cotton tops and flannel backing with up to 80% cotton batting. They also come in a coordinating bag, with a front pocket, which makes it easy to take to treatments.

Please reach out and request a quilt – we are here to help.

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with Bryan Baeumler

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Mid-Sun Community Association

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Treasurer Keith Pedersen
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Secretary Karen MacDonald

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Member at Large Devin Elkin

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traffic@midsun.org

Community Social Media Nikki Compton

Community Seniors Joan Trotz and
Darleen Hornaday

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childcare@midsun.org

Midnapore OOSC Program Servicing Midnapore School
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calgary.fishcreek@assembly.ab.ca

Ward 14 Councillor Peter Demong
eward14@calgary.ca

MP for Calgary-Midnapore Stephanie Kusie
stephanie.kusie@parl.gc.ca

CHURCHES

Sunwest Christian Fellowship
Tree of Life Lutheran Church
St. Paul's Anglican Church
Deer Park United Church
First Alliance Church
All Saints Lutheran
Lutheran Church of Our Saviour
New Hope Community Church
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.



News from Mid-Sun Community Centre

50 Midpark Rise
www.midsun.org

Happy New Year, everyone! We're excited to see you all at the centre again very soon. Our staff will return to the office on Monday, January 9.

Programs: Programs will begin the week of January 16. Should you have any program related questions, please email our programmer, Sagar, at programs@midsun.org.

Pre-Registration Pickleball: Pre-registration will begin the week of January 16. Sign up for Tuesday, January 17 will open Thursday, January 12. Likewise, sign up for Friday, January 20 will open on Monday, January 16. Prices have been changed for 2023 (\$5 per visit). Pre-paid passes are available for purchase at the centre (\$50 for 10 visits and one free visit). Pre-paid passes are non-refundable but are transferrable.

Mid-Sun Memberships: Memberships at Mid-Sun are voluntary and not part of residents' lake fees. Resident memberships (for those residing in Midnapore or Sundance) are \$20. Associate memberships (for those residing outside of Midnapore or Sundance) are \$25. Memberships are valid January 1 through to December 31, 2023. Memberships do not auto renew. You can purchase your membership online or at the community centre. More details can be found on our website!

Membership Benefits: With a Mid-Sun membership, you can look forward to various discounts from local businesses in Midnapore and Sundance who have graciously shown their support for our community. We also provide discounts at the community centre on our own programming and room rentals. For full details, please visit our website!

Stay in Touch: We have lots of fun ideas for 2023, so be sure to stay in the loop by following us on Instagram and Facebook (@midsunca). Also, don't forget to subscribe to our monthly electronic newsletter (www.midsun.org).

Mid-Sun Community Centre

www.midsun.org

- Community news and events
- Memberships and member benefits
- Details & prices registered and drop-in activities
- Social events and workshops
- Out of school care and facility rentals
- Community engagement opportunities
- Sign up for electronic newsletters

50 Midpark Rise SE 403-254-8058

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 12

NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

Lake Sundance is Hiring!



Our maintenance department has seasonal, contract, and full-time positions that may interest you. By working in your own community compared to downtown, you can save on gasoline and skip that hour and a half of driving time each day. That's more than two weeks of additional free time a year just by working close to home. Other benefits include physical fitness, variety of job tasks, and community events for your family. Send your resume to office@lakesundance.org to be considered for the next opportunity.

Zamboni Time



Before the park opens and throughout the day, the Zamboni is on the rinks and lake. The rinks must be clear of skaters for the Zamboni to resurface and flood the ice safely and effectively.

New this year, we are posting the evening Zamboni/snow clearing times for the upper rink and court rink for you to help plan your visit!

Plan for the Zamboni to be on the court rink between 5:00 and 5:30 pm and on the upper rink between 5:45 and 6:10 pm. We appreciate your cooperation to clear the ice while the driver is operating the machinery.

Park Hours

Please check our website or follow us on Facebook for current hours and current ice and snow conditions.

Fashion for the Ice



Skating offers some great benefits! It can improve balance, joint flexibility, mental health, builds muscles, and improves coordination. It even promotes good posture and can burn between 200 and 650 calories per hour!

Just like other sports you should:

- Warm up before
- Bring a bottle of water to hydrate during the session
- Stretch after

The way you dress will have an impact on your ice skating experience. Here are some quick tips for choosing clothing to go skating in:

- Don't wear thick socks. Thick socks are not as breathable and will limit your movement. In the end, your feet will get colder. The thickness also hinders your balance.
- Do wear socks that reach above the boot to avoid friction and blisters from the tops of your skates.
- Do wear layers. Depending on how fast you are going to move, you might need more or less warmth. Wear layers so that you can easily remove or add depending on how you feel.
- Don't wear jeans. They limit movement and are not very warm. If the ice is wet and you fall, it's a drag skating in cold, wet pants.
- Do wear gloves. They will keep you warm and protect your hands if you fall.
- Don't wear a hanging scarf or a hat that does not fit your head. Do not wear anything loose that can fall and make somebody else fall or that can get stuck in another piece of clothing and be dangerous for you.

The way you dress will have an impact on your experience. Choose clothes that help you be comfortable, warm, and safe. See you at the lake!

RESIDENTS ASSOCIATION

Winter Has Arrived

Happy New Year, Midnapore!

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

2023 Invoicing

Please be advised that invoices for 2023 fees were mailed or emailed to you before December 1, 2022. These invoices were due and payable before January 1. Office hours will be extended in January to accept payments (please check the website, www.midnaporelake.ca, for details).

2023 invoices, where possible, were distributed by email. Moving to e-invoicing for the Midnapore Lake Residents Association has the benefit of being both greener and significantly more affordable. This is the final year for paper invoicing. When you make your payment this year, please update your email address with the office so that we have an accurate email for 2024.

Any accounts with outstanding balances as of January 31, 2023 will be denied access to the park.

Looking Forward

February 20, 2023 – Family Day Event (Details TBD)

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

Midnapore Lake Bookings

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

SCAN HERE

**To View Additional
Mid-Sun Content**



RESIDENT PERSPECTIVES

Stargazing with Pat J

by Patricia Jeffery © 2022. Calgary Centre of the Royal Astronomical Society of Canada

What does a hunter, a bull, two dogs, a rabbit, twins, seven beautiful women, and a Japanese auto manufacturer have in common?

Most people can locate the winter constellation Orion by searching the southern skies for the three bright stars that form his belt. But did you know this legendary hunter from Greek Mythology has plenty of company in the night sky?

Orion is chasing Taurus the bull. Like any self-respecting hunter, he has two dogs; Sirius in Canis Major, his main hound, and a pup named Procyon in Canis Minor. Sirius would much rather pursue a rabbit named Lepus, who is crouched at Orion's feet, while young Procyon is playing fetch with the Gemini twins Castor and Pollux.

So where are the seven beautiful ladies you ask? Well, they are the Pleiades sisters, and they are in danger of being trampled by the charging bull. Orion is trying to save them in the hope of winning their affection.

While only six stars are easily visible to the naked eye, the Pleiades are an open cluster of more than 800 stars that were born about 100 million years ago from a gigantic cloud of gas and dust. The blue stars in the formation are among the largest and brightest in the galaxy. They are extremely hot and will burn out after only a few hundred million years; a much shorter life span than the billions of years our smaller, cooler Sun will enjoy.

In Japan, this group of stars is known as Subaru, thus it comes as no surprise that a stylized version of the Pleiades was chosen by the auto company as its logo. Its six stars symbolize the unification of five companies into one.



JANUARY

JANUARY 1 | HAPPY NEW YEAR!
JANUARY 19 | NATIONAL POPCORN DAY
JANUARY 29 | NATIONAL PUZZLE DAY



MID-SUN 2023 HOUSING MARKET REVIEW

**January 1 - December 1, 2022*

MIDNAPORE

DETACHED

High | \$1,800,000
Low | \$360,000
Avg. | \$575,414
#Sold | 57
Avg. days on mkt. | 17

ATTACHED

High | \$650,000
Low | \$255,000
Avg. | \$385,474
#Sold | 35
Avg. days on mkt. | 18

CONDO

High | \$335,000
Low | \$165,000
Avg. | \$227,669
#Sold | 29
Avg. days on mkt. | 34

SUNDANCE

DETACHED

High | \$1,166,000
Low | \$352,000
Avg. | \$618,286
#Sold | 133
Avg. days on mkt. | 20

ATTACHED

High | \$510,000
Low | \$355,000
Avg. | \$399,319
#Sold | 8
Avg. days on mkt. | 32

Stats current as of Dec. 1, 2022 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer at 403.836.3018 or info@teampalmer.ca.



SOLD



200 Chapman Close SE

SOLD



149 Cranleigh Bay SE

SOLD



163 Midpark Drive SE



Tannis (403) 829-7765
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for more information.



MID-SUN COMMUNITY
ASSOCIATION

WINE TASTING EVENT

PRESENTED BY CO-OP (WINE SPIRITS BEER)

Friday, February 24th
(7:00 PM - 10:00 PM)

Join us for an evening of Wine travel
through Romantic Italy.
Each patron will be tasting 8 varieties of
mid-high-range wines.

Single Ticket: \$55.00

2 Tickets: \$100.00

Table for 8: \$360.00



Registration opens up December 13th
Online @7:00am In-person @9:00am
midsun.org



No Minors will be permitted into the event.
Identification will be required upon entry.



National Hot Tea Day



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!



Mid – Sun Community Association Fundraising Director Needed

Our MSCA Board is looking for an enthusiastic volunteer to lead our Fundraising Director position. This person would be responsible for the coordination of our Casino and other smaller fundraisers throughout the year, while attending board meetings once a month.

As a non-profit, fundraising is a crucial part of our operational health and longevity. Every dollar amount raised helps the Community Centre fund building upgrades, program equipment, social activities, and much more!

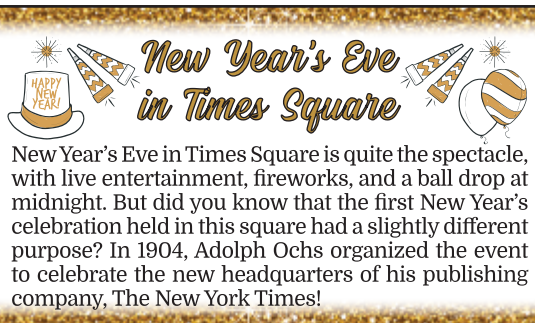
If you have time to commit to this very important position or would like more information please contact:

Patsy McNish, MSCA Board President
president@midsun.org



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*New Year's Eve
in Times Square*

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



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8	9	4	2	3	1	5	7	6
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HAPPY NEW YEAR! New year means making positive changes! Curious what your home is worth or are you looking for your dream home? Growing up and selling in the SE gives me a unique advantage to help you! Call or TXT me ANY questions you have. Alexandra Larsen 403-613-7881 alarsen@cirrealty.ca CIR Realty.

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BUSINESS CLASSIFIEDS

continued

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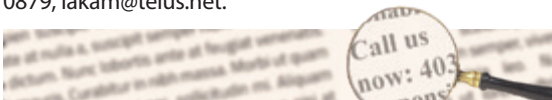
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MLA Calgary - Fish Creek

Richard Gottfried

☎ 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

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📱 RichardGottfriedAB



It's that time of year, yet again, to reflect on the old and ring in the new. Time to make plans and set goals with a renewed sense of optimism. I remind myself each year that health, family, and friends must take precedence in framing New Year's resolutions. There have been many challenges this past year yet still much to be grateful for. As we bid farewell to 2022 and usher in the new year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with inflation. With many families struggling with the rising cost of living, our government felt it necessary to announce a package of supports that will keep more money in the pockets of Albertans in the coming months.

The measures announced so far include, but are not limited to, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit, Alberta Child and Family Benefit and even income tax thresholds; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support across various low-income programs and the not-for-profit sector.

The last few months have also been exceedingly challenging for the health care system with flu season, RSV, and the lingering impact of COVID. Preventative measures such as washing hands, covering your face when coughing, avoiding tight quarters, staying healthy (and home when sick), immunizations, and boosters all help keep us well and protected.

Our frontline health care workers are veritable angels, and I am grateful for their continued service and compassion throughout this winter. I thank our dedicated educators for keeping children in the classroom. As always, your comments and feedback help me to advocate for you in Edmonton, as I commit to serving with principles, integrity, and an outspoken voice through until the next election. So, please keep the emails and calls coming, stay strong and healthy, and Happy New Year to you all!



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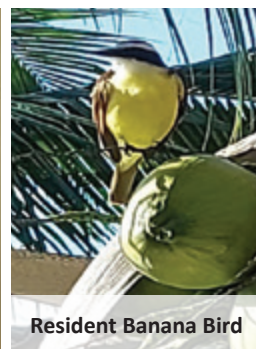
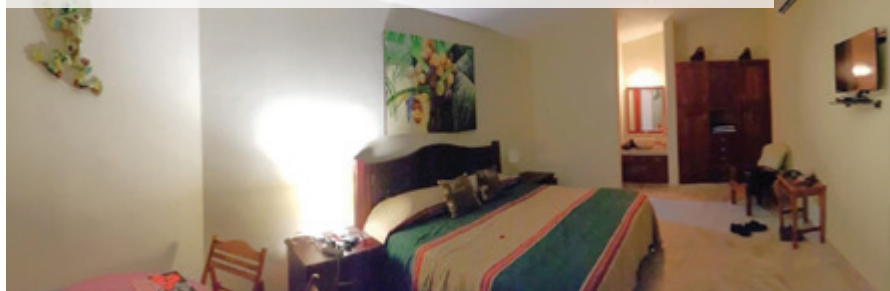


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