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stephanie.kusie@parl.gc.ca

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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.

Summer Day Camps



To register: www.midsun.org/daycamps
Questions? Email daycamps@midsun.org



Follow us @midsunsummerdaycamps


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**JULY 4 -
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8 WEEKLY
CAMPS**



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PRICING, CAMP GUIDE & FAQ**

The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

Disc Golf

Disc golf is a year-round sport that involves throwing a flying disc into a basket or target. At Sundance Lake, we have a 6-hole course for you to enjoy.

At the lake office, members can rent a set of disc golf discs to play a game. Each disc is designed for a specific type of shot and has a different shape to help them fly differently. There is a driver, a mid-range, and putter. You can tell because it is printed on the top of the disc.



Rules: The basic objective of disc golf is to throw the disc from the tee pad to the target basket in as few throws as possible. Each hole has a designated par. When you take out the golf discs, we also provide you with a map and scoresheet with the par on it for each hole.

Throwing Technique: To throw a disc, stand with your non-dominant foot forward, grip the disc with your index finger on the rim and your thumb on top. Swing your arm back, then forward to release the disc.

Scoring: The score for each hole is determined by the number of throws it takes to reach the target basket. One under par is a birdie, two under is an eagle.

Here Are Some Tips for Playing Disc Golf in the Winter:

1. Dress appropriately. Wear warm, waterproof clothing and consider wearing gloves for extra warmth.
2. Slow down. The colder temperatures can cause discs to fly slower and more erratically, so be prepared to adjust your throwing style accordingly.
3. Flexibility. Be prepared to make adjustments to your normal game plan based on the winter conditions.

4. Discs. For those who have their own discs, there are also winter disc golf discs which are made of a softer material that are less affected by the cold temperatures.
5. Warm up. Take time to warm up before you start playing to avoid injury.
6. Stay safe. Take precautions when playing in winter conditions, such as avoiding slippery surfaces and playing in daylight.

Practice: Like any sport, practice makes perfect. Spend time throwing your disc and refining your technique and consider playing with more experienced players to learn from them.

Enjoy the game and have fun!

We hope you will enjoy the game and the improvements to the course that we are planning for the summer!

See you at the lake.

Easter Events Scavenger Hunt

The Easter Scavenger Hunt is back by popular demand! This event will commence at 1:00 pm on April 1 and run until 7:00 pm on April 9. Hop on down to the lake office to pick up your scavenger hunt form. Easter themed items have been hidden throughout the park (all outdoors). Record the "names" of the items on your scavenger hunt form and then turn in your form at the office to enter our prize draw. Don't worry if you can't find all of the items – you can still enter the draw. Winners will be notified by April 14.

Entries will be limited to one per member (all ages welcome). Members may have a maximum of two guests per household participate in this event.

Meet the Easter Bunny!

The Easter bunny will be in the park on April 1 from 1:00 to 3:00 pm to get the scavenger hunt started. Stay for the hunt and check out the petting zoo from Butterfield Acres.

We look forward to seeing you! Happy Easter!

Contact Us

Website: www.lakesundance.org

Phone: 403-256-4728

Email: office@lakesundance.org, gm@lakesundance.org, board@lakesundance.org

NEWS FROM THE MIDNAPORE LAKE

RESIDENTS ASSOCIATION

Spring is Just Around the Corner!

We are now looking forward to our spring and summer season. Once skating is finished for the year and we have lost our ice, the park will go to off-season hours. During off-season, the park will be open from 9:00 am until 5:00 pm. Please check the website (www.midnaporelake.ca) for current park hours, ice conditions, and any operational limitations.

Easter Egg Hunt – Save the Date

Saturday, April 8

Annual Easter Egg – Hunt/Bunny Hunt

Instagram

Did you know we have an Instagram page? Have a look and follow our page.

Annual Fees

Please remember that your annual lake fees were due on January 1, 2023. Any accounts with outstanding balances as of January 31, 2023 will be denied access to the park.

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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- Measure valve readings for optimal operation
- Test for gas leaks
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- Polish glass panel with fireplace cleaner

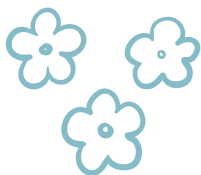
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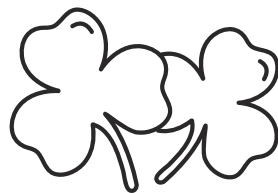
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MARCH

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MARCH 17 | ST. PATRICK'S DAY
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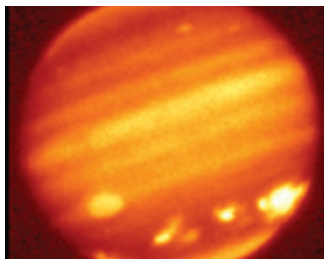
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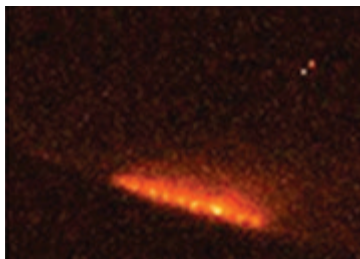
Stargazing with Pat J

Jupiter: Our Solar System's Vacuum Cleaner

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



Impact sites on Jupiter



Shoemaker-Levy 9



Normal Comet

On March 24, 1993, American astronomers Eugene and Carolyn Shoemaker and Canadian David Levy were at the Palomar Observatory in California studying a telescope generated photograph in search of NEOs (Near Earth Objects). What they discovered was not an asteroid but a very strange comet. They named it Shoemaker-Levy 9 as it was the ninth comet that they had discovered with an orbit of 200 years or less.

SL9 wasn't orbiting the Sun, it was orbiting Jupiter and instead of one nucleus, it seemed to have several of them. Only after reviewing older photos did the astronomers learn that their new comet had been kidnapped by Jupiter 20 to 30 years earlier when it had ventured too close to the massive planet while on its way toward the Sun. SL9's orbit was egg-shaped, bringing it very near to Jupiter at times.

On July 7, 1992, as it passed just 40,000 kilometres above its captor's cloud tops, Jupiter's powerful gravitational forces tore the comet apart. In a dangerously unstable

orbit now, the string of 23 fragments, ranging in diameter from a few 100 metres to 2 kilometres, eventually collided one after the other with Jupiter's southern hemisphere between July 16 and 22, 1994, at a speed of approximately 216,000 km/hr.

SL9's demise highlighted Jupiter's role in protecting the inner planets from space debris by acting as a 'cosmic vacuum cleaner.' Earth's collision with a city-sized asteroid 65 million years ago resulted in the extinction of the dinosaurs plus 75% of mammals larger than a rat and half of all plant species. Astronomers speculate that without Jupiter's help, extinction events might've been more frequent on Earth and complex life might never have been able to develop at all.

On July 19, 2009, exactly 15 years after the SL9 impacts, a new spot the size of the Pacific Ocean appeared in Jupiter's southern hemisphere. Scientists believe yet another comet or asteroid had fallen victim to Jupiter's powerful suction.

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Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!

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from the City of Calgary



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Good Friday Remembrance Service
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Easter Celebration Service
on April 9 at 11:00 a.m.

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Mid-Sun Community Garden Update

It is March already – time to apply to rent a plot in the garden.

Returning gardeners are able to reserve one plot each. Plots not re-rented by returning gardeners are then made available to new gardeners who want to join.

The rental application process and other relevant information is currently posted on:

Facebook: Mid-Sun Community Garden

Facebook: Mid-Sun Community Discussion and Recommendation Group

Our Website: www.midsun.org/mid-sun-community-garden/

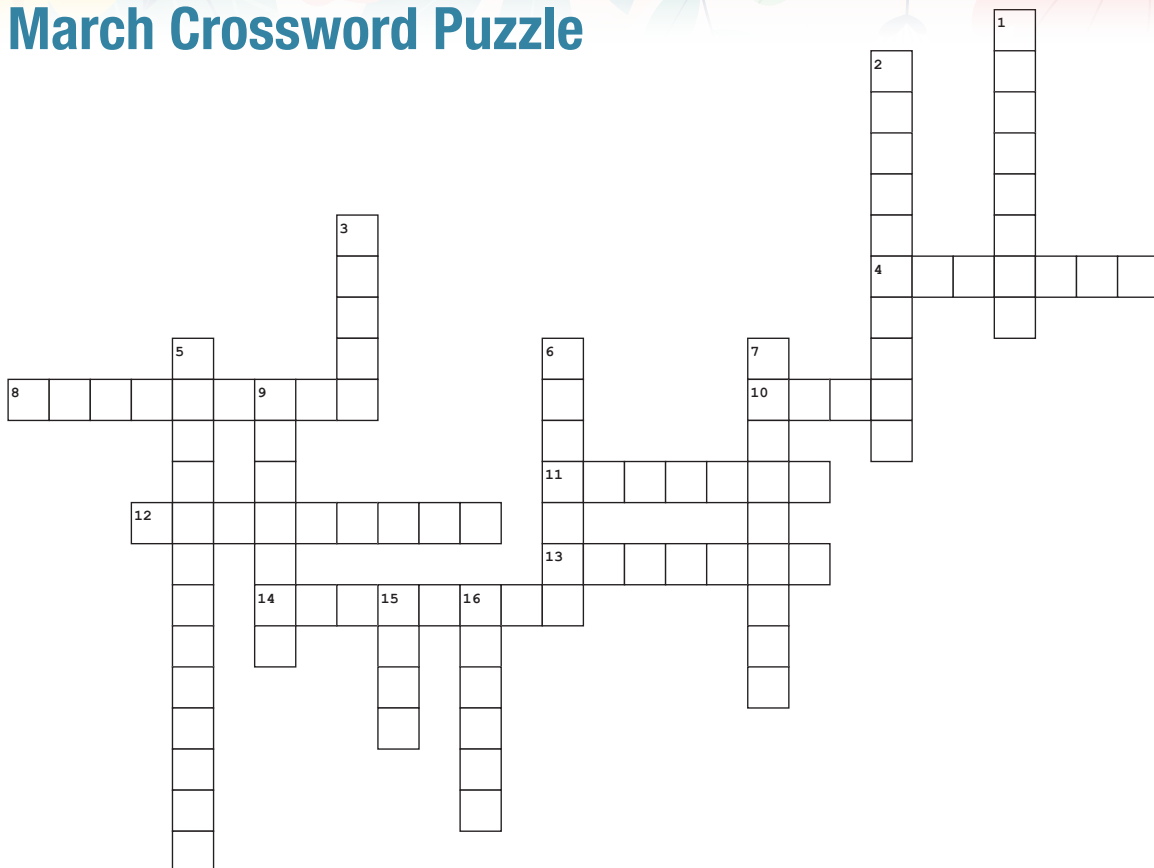
Questions? Please email garden@midsun.org.



Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!

March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

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THE ANSWER KEY**



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Duplex

FROM THE LOW

\$500s

Single-Family
Front-Drive Garage

FROM THE LOW

\$600s

HOMES BY:

Brookfield
Residential



Prices & terms are subject to change without notice.



Show Home Hours

Monday - Thursday
from 2-8 pm

Weekends
from 12-5 pm

Welcome

to your new SW
neighbourhood. Join us as we
build a community that provides
more than just a home!

ENCLAVE COMMUNITY

PARKS, PATHWAYS,
& PLAY SPACES

EASY ACCESS TO SHOPPING,
RECREATION & MORE

QUADRA
BUILDINGS



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