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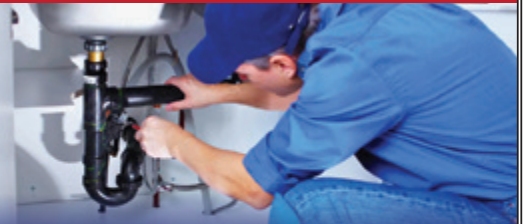
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CONTACTS

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Midnapore OOSC Program Servicing Midnapore School
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midnaporeoosc@midsun.org

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stephanie.kusie@parl.gc.ca

CHURCHES

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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.



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Sunlake Way Playground

Volunteers Needed!

Be A Part of Sundance History!

We need volunteers to help install the Sunlake Way Playground. No previous experience is required, must be 18+ years. Corporate Volunteer Teams or individual volunteers can sign up for one day, or all three days. We welcome ALL help!

Scan the QR code or reserve your spot using the link below **to be a part of history**

<https://signup.com/go/PGzpbRf>



Scan this code to build a playground!

For more information, or prefer manual sign-up contact

Sherry Trupp, Community Coordinator
587-284-8760 or sherry@trupp.mm.st



71 Sunlake Way, Calgary

August Installation
8AM - 5PM

A special thank you to Sun Valley Eye Care, the Calgary Flames Foundation, Parks Foundation Calgary, Mid-Sun Community Association, Wal-Mart Canada and ALL the Volunteers bringing this park to life!

NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Summer is Here!

Please keep your eye on our website, www.midnaporelake.ca, or our Facebook page for updated park and office hours.

We are excited for our summer season.

Our rule reminder of the month is:

Watercraft Regulation #3: Diving or swimming from any MLRA watercraft is strictly prohibited.

As always, please remember to bring your own life jackets if you intend to venture past the swimming area. The safety of our members and their guests is our primary concern.

Movie on the Beach

Save the date! Our Movie on the Beach event is scheduled for August 12, 2023. We are excited to again be welcoming the YYC food trucks. Details to follow.

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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AUGUST

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AUGUST 6 | NATIONAL FRIENDSHIP DAY
AUGUST 26 | NATIONAL DOG DAY



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Hawaiian Rice Bowl

by Jennifer Puri



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world’s largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world’s largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4

Mid-Sun Social Seniors

Are you a senior single, couple wishing to meet other seniors, or a senior who is new to the local communities? Our social group is open to any senior on a drop-in basis and not restricted to just seniors from Midnapore or Sundance, but from surrounding areas as well. We are a friendly, welcoming group who meets every Thursday throughout the summer from 1:30 to 3:30 pm at the Mid-Sun Community Centre. We meet outdoors in the courtyard on the west side of the building or indoors in the social shed. Cards, games, refreshments, snacks, and chats. No registration. Small donations accepted.

Monthly Pub/Supper Night (tentative dates)

People are responsible for their meal and drink costs.

Tuesday, August 15 - RIPS Pub and Eatery, 15 Millrise Blvd at 5:00 pm. Taco Tuesday.

Thursday, September 21 - Tommy Fields Seton at 5:00 pm. Crab Fest. More information to come.

Upcoming Day Trip: Waterton Lakes National Park Wednesday, September 6



Depart: Mid-Sun Community Centre at 8:00 am by coach bus.

Return: 8:00 pm to the same location.

This coach bus is not equipped for wheelchair access and does not have a washroom, but will make necessary stops.

Itinerary: Prince of Wales Hotel in Waterton Lakes National Park, cascading clear Cameron Falls, and the awe-inspiring colours of Red Rock Canyon. We will stop for lunch at the townsite and have time to explore. Sit back. Relax. Enjoy the spectacular scenery. This trip is a senior's only trip funded by the New Horizons Senior Program Grant.

Capacity: 40 people maximum.

Cost: Each participant's cost will be \$30 (payable at time of registration) plus cost of your lunch and any snacks you would like to bring/pick up along the way.

No refunds for cancellations on external excursions.

Registration: Visit us at the centre (50 Midpark Rise). Call us at 403-254-8058 to pay over the phone or visit our website, www.midsun.org, to pay online.

Watch for our second Bingo Night on October 16.

For more information, contact us at 403-254-8058 or seniors@midsun.org.

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Thursday, August 24, 2023
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Event Date:
September 22nd

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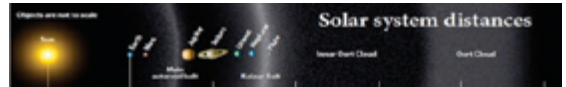
Stargazing with Pat J: A Tale of Two Comets

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called short-period comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

Oort Cloud (OC)

The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.








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New Properties



15

Sold Properties



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Average Days on Market



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15

New Properties



11

Sold Properties



12

Average Days on Market



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