

JULY 2023

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Mid-Sun messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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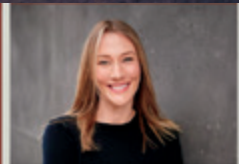
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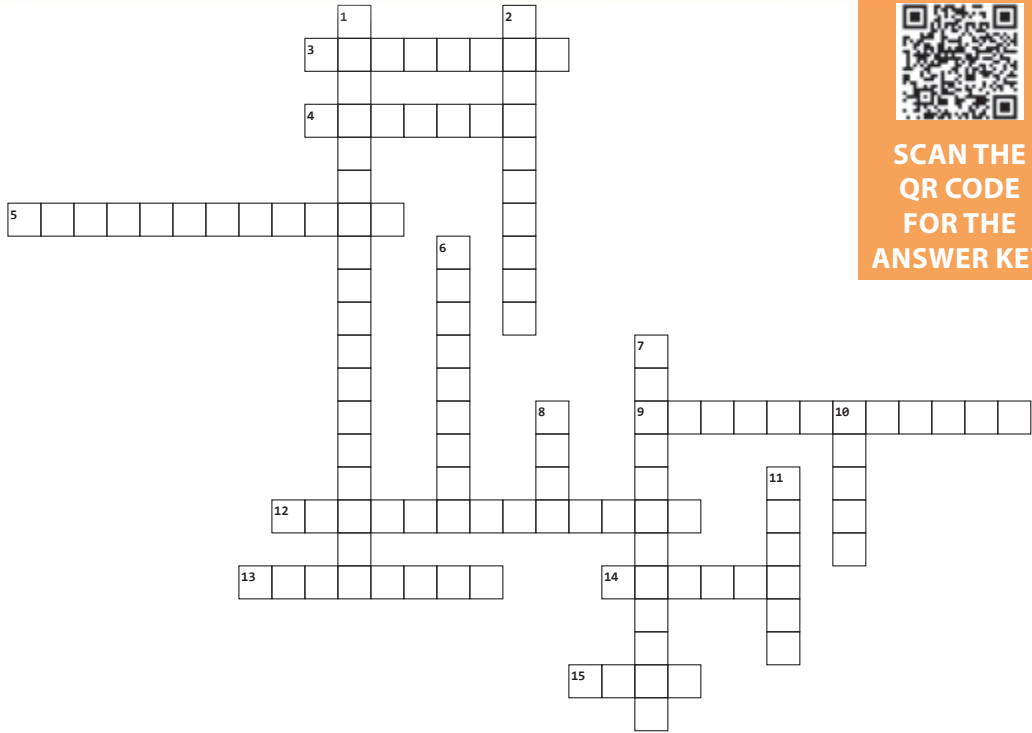
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July Crossword Puzzle



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Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

Mid-Sun Community Association

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MID-SUN OFFICERS

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keithpedersen@live.com

Secretary Karen MacDonald

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Community Seniors Programs Joan Trotz and Darleen Hornaday

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MP for Calgary-Midnapore Stephanie Kusie
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CHURCHES

Sunwest Christian Fellowship
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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.

Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



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, and operational limitations.

We are excited for our summer season.

Our rule reminder of the month is:

#15 which states that briquette fired barbeques are provided for use by members and their guests. Members are responsible for supplying their own charcoal briquettes and starting fluid. Members may also bring portable propane barbeques. No other combustible fuel, wood, or otherwise is to be used. Open fires are not permitted.

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.

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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Mid-Sun Seniors' Social Club

Wow! Spring has been busy for our seniors' community. May was highlighted by our first Bingo Night, a highly entertaining evening filled with laughter and cheers. Passionate voices could be heard encouraging the call of a much-needed number or lamenting the one number that was needed. Congratulations to all who won and thank you to all who participated.

Shortly following Bingo was our tribute to seniors' week through a Spring Social and Luncheon. We hope that you were able to enjoy the delicious lunch and entertainment. Primarily, we wish that you were able to connect with a new neighbour or that person that you have passed in a store or on a walk. A huge thank-you to those local businesses who supported our activity! We also thank the dedicated organizers and Mid-Sun staff who make these events possible.

Welcome to the summer season! As we enjoy the sunny days and refreshing display of flowers and greenery, Mid-Sun seniors will continue to gather for cards and games. The group will meet in the newly finished patio area on the west side of the Mid-Sun Community Centre every Thursday from 1:30 to 3:30 pm. All seniors are invited to join us outdoors as we chat, play, and enjoy a cool iced tea or coffee.

Please email seniors@midsun.org or call 403-254-8058 to learn about activities and outings that are occurring throughout the summer.

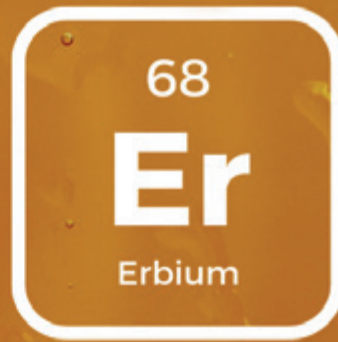
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The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

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Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tpsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

RESIDENT PERSPECTIVES

Stargazing with Pat J: Indoor Astronomy

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

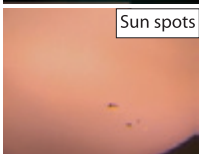


If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Sun spots



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

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FRIENDS *of* Fish Creek



July in Fish Creek

Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offer a Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs until July 31, 2023. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1. To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Shaw Birdies for Kids Presented by AltaLink

Support outdoor education in Fish Creek and your donation will be matched up to 50%. The Friends of Fish Creek are honoured that our Learning Naturally program has once again been chosen as one of over 270 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament. It costs only \$10 to support one Learning Naturally field trip for one student, and through Birdies for Kids, your donation will be matched up to 50%! Learning Naturally does not receive regular funding and its continuation is in jeopardy. Please consider making a donation and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek. Donate today at <https://bit.ly/3IUUYAw>.

Volunteers Needed in Fish Creek Provincial Park

Branch out and explore all the exciting chances to give back to Fish Creek Provincial Park through direct intervention in its wellbeing! This summer, the Friends of Fish Creek need

volunteers to help with a variety of stewardship activities. Programs like invasive species control, poplar planting, tree wrapping, and nursery tending require the dedication of an amazing team. There is always a chance to be out in the field during the summer months and opportunities are available for people of every ability and availability. If you only have one day to volunteer, we offer many opportunities that require your presence for only a few hours, such as riparian restoration, invasive species control, tree wrapping, poplar planting, and willow staking. Planting trees is the activity most people probably have in mind when it comes to restoration. We provide the trees and supplies so that our volunteers can work to add trees to the aging poplar forests in the park. This summer, we are focusing on the beautiful Hull's Wood area. Newly planted trees ensure that in the years to come, wildlife habitat is maintained as older trees die off. Watering trees and other vegetation is one of the most important jobs that one can take on in the park, as the summers in Calgary are hot and dry. To help with poplar planting, restoration, or other programs, please sign up as a volunteer online at <https://friendsoffishcreek.org/volunteering-basics>.

Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek Ambassadors.

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



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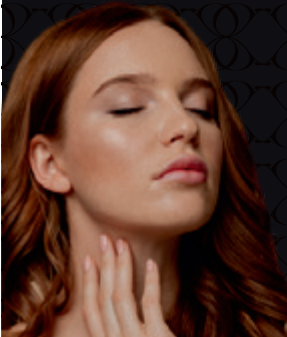
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GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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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

Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

Staying Healthy As We Age

from Alberta Health Services

Seniors Week in Alberta takes place the first week of June.

While we celebrate all that older adults have done for our society, let's talk about how to stay strong and healthy as we age.

Adults can start to lose muscle as early as age 30, but the loss increases quickly after age 70. Protein is a nutrient that helps you to build muscle and keep the muscles you already have. But many seniors do not get enough protein. Since your body can't store it, you need to eat protein at least three times a day, every day, to keep the muscle you have.

Often, adults tend to eat less protein at breakfast. Here are a few ways to increase your protein at breakfast:

- Have a glass of milk or fortified soy beverage with your meal.
- Add cheese or beans to toast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Make an omelette.

You can also try these tips:

- Add meat including wild game or poultry to pasta or vegetable dishes.
- Try a plant-based protein; for example, try chickpea falafel or tofu added to a stir-fry.
- Add canned beans or lentils to soups.
- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

Protein alone does not build muscle. Movement helps older adults stay strong, mentally fit, and independent.

Here are some suggestions from the 24-Hour Canadian Movement Guidelines (csepguidelines.ca):

Try to get 2.5 hours (150 minutes) of moderate (example, brisk walking) to vigorous (example, cross country skiing) aerobic activity each week. You don't have to do it all at once. You can break up the time into smaller sessions of 10 minutes or more.



Engage in muscle and bone-strengthening activities at least twice a week. These activities include climbing stairs, gardening, and housework such as vacuuming or washing the floor.

Include activities that challenge your balance, such as Tai Chi or Yoga.

Limit time sitting to eight hours or less. That includes less than three hours a day of screen time (in front of a TV, computer, tablet, or phone.)

Get seven to eight hours of good-quality sleep each night.

If you would like more tips on staying strong and healthy as you age, search 'Staying Strong' at ahs.ca/NutritionWorkshops.

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.

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'Bee' YardSmart

from the City of Calgary



Did you know? YardSmart yards keep our rivers healthy and help create a green and healthy city.

Visit calgary.ca/yardsmart to learn how to create a beautiful yard or green space that is easy to maintain, is suited for our city's unique climate, and needs little watering during hot and dry conditions. You can also visit calgary.ca/droughtinfo for more tips on caring for your yard during dryer times through the summer.

We Have Several Free Resources Available:

- Garden bed layouts for all areas of your yard – wet, dry, or a combination of sun and shade.
- Plant lists to help you choose beautiful and low-maintenance plants at your local garden centre.
- How-to video series, including gardening on a budget and planning a garden bed.
- Native wildflower plant lists and native meadow garden bed design.

Our YardSmart program was created in partnership with The Calgary Horticultural Society to help craft garden designs that thrive in Calgary and support our natural environment.

A Tip to Get Started:

Begin your YardSmart yard by replacing a bit of your grass with water-wise plants and greenery this summer!

Use Water Wisely Outdoors This Summer

from the City of Calgary



The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Did you know that Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply?

During the summer, Calgary communities can see an average increase of 20 to 30 percent because of outdoor watering activities. Below are some actions that can help you to create a water efficient home and yard and prepare for hot and dry conditions.

Following These Guidelines Will Help You Prepare for the Weather and Build Resiliency to Drought in Our City:

- Water in the early morning – before 7:00 am or later in the evening.
- Watch the weather forecast and skip watering after it rains or when rain is in the forecast.
- Only give plants the water they need, and don't overwater. Read plant tags to know how much to water your garden.
- Water plants with a soaker hose, drip irrigation, or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Visit calgary.ca/waterguide for information on how to create a water efficient yard, including watering 101 for plants, shrubs, and trees, lawn care, and irrigation systems.

PHOTO
GALLERY

Photos by Reza Moradi Fard



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CRIME STATISTICS



Sundance Crime Activity was Down in April 2023

The Sundance community experienced 2 crimes in April 2023, in comparison to 6 crimes the previous month, and 10 crimes in April one year ago. Sundance experiences an average of 6.6 crimes per month. On an annual basis, Sundance experienced a total of 79 crimes as of April 2023, which is up 3% in comparison to 77 crimes as of April 2022. To review the full Sundance Crime report visit sund.mycalgary.com.

Midnapore Crime Activity was Unchanged in April 2023

The Midnapore community experienced 4 crimes in April 2023, in comparison to 4 crimes the previous month, and 10 crimes in April one year ago. Midnapore experiences an average of 8.5 crimes per month. On an annual basis, Midnapore experienced a total of 102 crimes as of April 2023, which is up 2% in comparison to 100 crimes as of April 2022. To review the full Midnapore Crime report visit midn.mycalgary.com.

How To Report Crime In Sundance | Midnapore: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text ttTIPS to 274637.

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

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Sundance Real Estate Update

Last 12 Months Sundance
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 23	\$630,000	\$650,288
April 23	\$648,800	\$640,000
March 23	\$639,900	\$620,000
February 23	\$589,900	\$632,500
January 23	\$587,450	\$574,750
December 22	\$579,900	\$574,900
November 22	\$612,500	\$600,500
October 22	\$599,900	\$585,000
September 22	\$539,900	\$539,900
August 22	\$599,900	\$595,000
July 22	\$549,900	\$544,500
June 22	\$587,450	\$578,250

Last 12 Months Sundance
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 23	14	9
April 23	9	11
March 23	7	11
February 23	11	6
January 23	8	6
December 22	4	9
November 22	5	4
October 22	11	11
September 22	6	9
August 22	8	11
July 22	12	9
June 22	18	20

To view more detailed information that comprise the above
MLS averages please visit sund.mycalgary.com

Midnapore Real Estate Update

Last 12 Months Midnapore
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 23	\$539,950	\$573,500
April 23	\$379,900	\$387,000
March 23	\$267,400	\$265,250
February 23	\$334,950	\$357,750
January 23	\$0	\$0
December 22	\$0	\$0
November 22	\$434,900	\$455,000
October 22	\$409,394	\$428,000
September 22	\$409,900	\$424,000
August 22	\$454,900	\$463,500
July 22	\$386,950	\$394,000
June 22	\$499,900	\$507,000

Last 12 Months Midnapore
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 23	12	16
April 23	15	13
March 23	14	10
February 23	9	6
January 23	4	0
December 22	1	0
November 22	0	3
October 22	7	8
September 22	10	11
August 22	9	16
July 22	13	8
June 22	14	15

To view more detailed information that comprise the above
MLS averages please visit midn.mycalgary.com



Councillor, Ward 14
Peter Demong
 ☎ 403-268-1653
 ✉ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14



MP Calgary Midnapore
Stephanie Kusie
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 ☎ 403-225-3480 📠 403-255-3504
 ✉ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusiemp.ca

Howdy Ward 14!

I do not know about you, but I am excited that for the second time in a couple of years we will be celebrating the Stampede in a 'normal' way. It is almost starting to feel like those breaks in our regular routine are in the past. July is going to be fun.

In the full version of my column, I will share whatever information I can about how you can enjoy the Stampede, including how it will affect Green Line construction. We now have a new(ish) Provincial Government, so I will outline who your Provincial representatives are and how you can reach them. Finally, I will share some City of Calgary tips for how you can manage a hot, dry summer.


Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Happy Trails!

Councillor Peter Demong



9 PM
ROUTINE



**CALGARY
POLICE
SERVICE**

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Yahoo! Happy Stampede, Calgary Midnapore,

Parliament is now in recess, and I am happy to be back in Calgary to engage with members of our community and celebrate the summer!

I hope all constituents had a happy and safe Canada Day and that you'll be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, Stampede is a time of year that brings our community together and I hope this will be a memorable Stampede for you.

I kicked off June with a visit to the Acadia Recreation Centre for this year's Calgary Ukrainian Festival. It was great to celebrate the rich Ukrainian history that Alberta and Calgary Midnapore share and to see many members of the community.

My office held our annual Canada flag draw last month in preparation for Canada Day. Thank you to all who entered and congratulations to the lucky 50 winners! I hope you fly your flag high and proud! Entries were made by filling out the response card on my quarterly update to all households. Not only do these mailers provide an opportunity to update you on my work in Ottawa, they're also an avenue for you to directly inform my team and I of the issues that matter most to you. I encourage all constituents to participate in future Householder updates.

To stay up to date on my ongoing work and to hear about my summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,
Stephanie Kusie

MP Calgary Midnapore

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	2					5	

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Sundance

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New Properties



15

Sold Properties



10

Average Days on Market



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Midnapore

Detached Home Stats - Last 45 Days



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Average Days on Market



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