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Watch our interview with Bryan Baeumler



DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

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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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Mid-Sun Community Centre will be undergoing a Roof Replacement during the Summer. This will result in a building closure to Staff & Public from June 27th - TBA (September)

(Administration staff will be available by email only)

We are eager to re-open post-September long weekend. However, with the uncertainty of construction, we can not guarantee an exact date. Follow our social media and website for updates on re-opening.

Mid-Sun Community Association would also like to give a very big thank you to two organizations in particular. This renovation would never have been made possible without Grant Funding from the following:

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- Community news and events
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Mid-Sun Social Seniors

As we enter the hot days and evenings of August, seniors 55+ are invited to cool off with a glass of iced tea, lively chatter, and an invigorating game with the lively members of Mid-Sun Social Seniors' Group.

While roof repairs continue at the Mid-Sun Community Centre, our group has been welcomed by the Lake Midnapore Residents Association to enjoy the Lake Room, which is fully accessible for those who experience mobility difficulties. We gather every Thursday afternoon at Lake Midnapore (185 Midlake Blvd SE) from 1:30 to 3:30 pm to play cards (Canasta, Crib, Euchre, etc.) and games (Joker's Wild, Five Crowns, etc.) If you are unfamiliar with these games, we happily teach in an accepting, no-pressure atmosphere. We also invite you to teach us a new game, so that we are all learning and broadening our minds. Refreshments and snacks are provided. Small donations accepted. New participants must register by e-mail with their name and phone number to attend this weekly Thursday afternoon card event. Contact: seniors@midsun.org.

We will continue to meet at Lake Midnapore until the roof repair is completed. You will be notified via email when we will resume playing cards at Mid-Sun Community Centre. If you wish to be added to our email list, please send your name to seniors@midsun.org.

A huge thank you is extended to the Lake Midnapore Residents Association and staff for welcoming us to this temporary summer location. Thank you also to Mid-Sun Community Association staff for facilitating and supporting our activities.

In addition to Thursday afternoon activities, Mid-Sun Seniors gather one evening per month at a local pub or restaurant. August's Pub Nite will be held at Austins in Canyon Meadows on Tuesday, August 20, 5:00 to approximately 7:00 pm, where a varied menu and specials are offered. Order to suit your taste as each person is responsible for their own bill. These nights are always enjoyable.

Other events such as seasonal celebrations, bingo, informative speakers, and community-based activities are planned and hosted throughout the year. For example, seniors will enjoy a pot-luck picnic at Lake Midnapore on Tuesday, August 6 with outdoor games (croquet, bocce, corn-hole, etc.) and delicious food.

If you are new to the community or to Mid-Sun Seniors and are interested in participating in any of these events and/or are seeking further information, please contact us at seniors@midsun.org or 403-827-8893.



VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!



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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 Number 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 10, 2024. We are excited to again be welcoming the YYC food trucks. Details to follow.

President's Message

August. A month of sunshine and sweet heat. For some... the month of August feels like Sunday night before school starts. Avoid thinking about it as the precursor to autumn and delight in August.

August is our highest month of evaporation. With warm wind sweeping over the lake. It is best that you make time to come to the beach and enjoy. Set aside the 10th of August for a movie on the beach date and enjoy the food trucks that will be visiting the lake.

This is the first publication following the annual AGM. I want to take a moment to thank all the community members who came and participated in that meeting. We valued the questions and conversation that came from our time together.

I will keep this message brief. As you should be outside. Rest assured winter will take up the bulk of the year in Calgary, so you really must go enjoy the summer activities.

See you at the Lake,

Jen Hawkins

president@midnaporelake.ca

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Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!





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📧 @MylesYYC | 📷 MLAFishCreek

I want to express my gratitude to everyone who joined us at the first Annual Stampede BBQ. It was an amazing turnout! I greatly appreciated the opportunity to connect with numerous residents of Calgary-Fish Creek. I'm already looking forward to next year!

At the BBQ, Parkland Cares and Bonavista Cares were accepting donations for back-to-school supplies. If you still want to contribute, please reach out to my office to arrange a time to deliver items to my office.

Some great news was released by the Alberta government regarding Alberta's 2023-24 year-end financial results. I'm pleased to report that, thanks to our new fiscal framework, Alberta is on strong fiscal footing.

For the third year in a row, the government has balanced the budget. Even better, this past year, Alberta posted a \$4.3 billion surplus, meaning our province has more money to spend on important priorities like health care, education, and infrastructure. The government also repaid 1.7 billion dollars of debt and earned an improved credit rating from several international credit-rating agencies.

Despite our focus on saving and debt repayment, we haven't cut back on essential services. In 2023-24, we provided significant funding to health care and education. This included more money for patient care, surgeries, doctor recruitment, and lab services. We also increased education funding, with more money for schools to hire teachers and for post-secondary institutions to add seats in high-demand areas like apprenticeship training.

This careful financial management and responsible governance has positioned Alberta for a prosperous future. By balancing the budget, cutting red tape, paying down the debt, growing the Heritage Fund, and investing in essential services, we have shown a clear vision for long-term success. Our best days are still ahead.

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



Councillor, Ward 14

Peter Demong

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Hi, Ward 14!

It's August. It's a little slower in Calgary with people enjoying the summer weather. I won't keep you long, with just one, quick topic to bring up.

In 1999, The City and partners created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. After 25 years, it is the perfect time to open the time capsule and reflect on the friendship quilt. On October 1, 2024, the International Day of Older Persons, we're preparing to commemorate this significant milestone.

As we prepare, one of the goals is to reconnect with those who played a vital role in 1999, particularly in the creation of the time capsule and the friendship quilt. The City is on a mission to ensure those who contributed their time and creativity to these important pieces 25 years ago have an opportunity to take part in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year. If you know someone who was involved, please let them know we are looking for them.

Join this journey of remembrance, gratitude, and celebration by emailing agefriendlycalgary@calgary.ca.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



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11

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9

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21

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