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Mid-Sun messages

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Pam Baji
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Treasurer Jack Loktiev

Secretary Karen MacDonald

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Fundraising Karen MacDonald

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Campbell-Stone United Church
Southview Church
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Bonavista Baptist Church
St. Patrick's Church
Trinity Mennonite Church
Grace and Glory Foursquare 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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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PRESIDENT'S MESSAGE

Thank you so much to everyone who joined us for our AGM in October! It was wonderful to see so many of you there to celebrate our achievements over the past year. If you couldn't make it, don't worry – the presentation is available on our website at midsun.org.

At the AGM, we gave a big thank you to Doug Bouwmeester, who is stepping down from his role on the board as our representative to the South Fish Creek Recreational Association. Thank you, Doug, for all your hard work! Our board for the 2024-2025 year includes Jack Loktiev, Erwin Gotthold, Karen MacDonald, Wayne Hewitt, Joan Trotz, Darleen Hornaday, and Keith Pederson. We're also trying something new with the President role this year – Pam Baji and Patsy McNish will be our Co-Presidents. Pam will focus on the community centre, while Patsy will concentrate on community matters.

Our Events Committee did a fantastic job with the Merry Mid-Sun Market in November. Our next event will be our annual Wine Tasting in March – more information will be available in the new year!

Our fall programs were a huge success, with most of them being full or nearly full. Registration for winter programs at the community centre opens on December 10 - 8:00 am online registration or 10:00 am phone registration - so be sure to check out midsun.org for details! Memberships for the 2025 calendar year will be on sale starting December 1, 2024. You can purchase them online or in-person. Keep in mind that the centre will be closed from December 19 through to January 5. During this closure, we will be refinishing the gymnasium floors. Our admin office will reopen on Monday, January 6 at 9:00 am.

If you have any questions or concerns, feel free to reach out to us anytime at president@midsun.org.

Wishing you all a wonderful Christmas and a very Happy New Year!

Pam and Patsy

Co-Presidents, MSCA Board



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



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Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



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Mid-Sun Social Seniors

As we turn the calendar page to December, we draw forth the excitement of the festive season with the beauty of lights, music, traditions, giving, friends, and family. Each person also embraces or feels the pressure of preparation, planning, budgeting, traditions, and rapidly passing days. Whichever holiday you celebrate, our wish is that it brings you joy which will outweigh the bustle and frustrations of the season and leave you with memories to cherish.

December Events

Cards and Games at MSCC

Thursday, December 5, 12, 19 from 1:30 to 3:30 pm

Please join us for the fun and challenge of familiar games or to learn a new game. All seniors 55+ are welcome to attend. Snacks and beverages are served. We are no longer accepting small monetary donations. We do, however, encourage you to contribute a non-perishable food item each week. Donations will be delivered to a local charity that distributes to those who experience food insecurity. This month's recipient is Hope Mission.

Our last card day of this year will be Thursday, December 19. Cards will resume on Thursday, January 9, 2025.

Pub Nite

Due to the busy December schedule, there will be no Pub Nite in December. We envision you sharing a meal with family or friends during this time. Our monthly Pub Nite event will resume in January. Watch for details.

Christmas Luncheon

Monday, December 16 from 12:00 to 2:30 pm

Once again, we will celebrate the season with a catered buffet dinner, complete with turkey and ham, side dishes, and dessert. There will be recorded music for listening and/or dancing, a silent auction (cash/cheque only), and a draw for a few door prizes. We thank all the local businesses who donated prizes that will thrill our lucky seniors. This event will require registration, host a maximum of 100 people, and charge a per person fee. Last year's dinner sold out quickly and was a most enjoyable event despite winter bringing a storm. We hope that you are able to join us!

Registration: Please contact seniors@midsun.org for the link and registration opening date.

Memberships

As of January 1, all participants of Mid-Sun Seniors' group will be asked to purchase an annual household Mid-Sun Membership to support the community. If you are not a community resident, there is still a membership option available for you to support. Membership details can be explored at the MSCC office, at www.midsun.org, or by calling 403-254-8058.

Happy Holidays to all Mid-Sun Seniors and their families. We look forward to meeting you during our activities in the new year. For information about this group, please contact seniors@midsun.org.



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Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper



- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.
- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



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Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.

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MIDNAPORE



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NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Welcome to Winter

The board of directors, management, and staff at Midnapore Lake take this opportunity to wish you and your family a very Merry Christmas and a happy holiday season! Best wishes to everyone for the new year.

Our Christmas light display is scheduled to be turned on starting December 1, 2024.

Please be advised that we will have reduced hours over the holidays and will be closed on Christmas Day to allow our staff to spend time with their families.

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 know that we are working to have the hockey rinks and pathway open by the Christmas season.

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

Invoicing – Important!

2025 invoices will be distributed by email. If you have not provided the office with your email address, or if you think you may have an old email address on file, please contact us at 403-256-0550 and we will update your account.

Please ensure that you check your email before the first of December to access your invoice.

If you have any questions or have not received your invoice by the middle of December, please call the office at 403-256-0550.

Please note that invoices are due by January 1 of each year. Not receiving your invoice is not a valid reason for non-payment. Fees for 2025 will be \$305 + \$15.25 (GST) = \$320.25. For your convenience, we recommend payment by e-transfer. We do not accept credit card payments over the phone and do not accept cash. This year a \$5 convenience fee will be added to the fee for the use of credit cards. There is no additional fee for paying via debit or e-transfer.

Office hours will be extended in December and January to accept payments (please check the website, www.midnaporelake.ca, for details).

Looking Forward

- Christmas lights will be turned on December 1.
- Skate with Santa (tentative – December date TBD)
- Skating Lessons – Check Facebook and the website for registration information. Lessons will start in January.

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

President's Message

I'm delighted to report that we are entering into the winter season with good water levels and a fish-stocked lake. The City of Calgary was able to grant us permission to "top up" and we added what was needed to be prepared for spring. Water additions happen after the price per cubic meter decreases from summer rates and we are not charged any sewer fee for the injection. We received more precipitation this summer and fall than expected, and our well contributed at least 5" to the lake this year.

Speaking of wells.... We did attempt to dig a well in September. With the guidance of a hydrologist and keeping in mind the need to pump the water into the lake, we dug at the far end of the dock. Our goal is to replace our need for city water. Sadly, at 400 feet we did not strike the volume of water that we were seeking, and the dig site has been safely closed. We knew the inherent risk of attempting a well. The payoff of finding water is significant and the project will quickly pay for itself. We plan to attempt another location in March.

With that update I encourage members to embrace the winter season. Watch for the announcement of Skate with Santa. Our lake is a very special part of our community and there is something for everyone. If you aren't planning to skate or toboggan this winter – I encourage you to just come out with a cup of hot chocolate and sit by the fire.

See you at the lake,

Jen Hawkins

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SCAN THE QR CODE FOR THE SOLUTION



Midnapore Lake Bookings

For your Lake Room, Picnic Shelter, and large group bookings please call the office staff at 403-256-0550. By accessing our website and opening the Booking Calendar under the Facilities tab, you can check to see what venue has been booked or may be available.



A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!

GAMES & PUZZLES

Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Egnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



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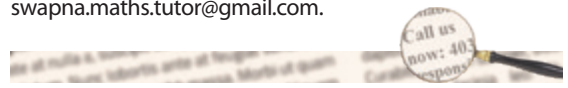
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Building a Brighter Alberta: Progress Update for 2024

As we close out 2024, the Government of Alberta is making strong strides to improve affordability, strengthen essential services, enhance community safety, and protect the rights of Albertans. Here's a look at some key achievements from this year.

Affordable Housing and Education Expansion

Alberta is on track for a record year in housing, with nearly 30,000 new homes under construction from January through August—an impressive 44% increase over 2023. In education, the School Construction Accelerator Program (SCAP) is investing \$8.6 billion to create 200,000 new student spaces across the province, preparing for Alberta's growing K to 12 student population.

Healthcare Improvements

To better recruit and retain healthcare professionals, Alberta has introduced a competitive compensation package for resident physicians. As a result, the province had over 12,000 registered doctors by the end of September, a gain of more than 500 compared to last year.

Protecting Alberta's Energy Sector

In defense of Alberta's jobs and energy future, the government has launched a national "Scrap the Cap" campaign to raise awareness of the potential impacts of Ottawa's proposed cap on energy production. This campaign encourages Canadians to speak out against this plan and support Alberta's position.

Looking Ahead

The Alberta Government remains committed to building a strong, prosperous future for all residents. By focusing on affordability, essential services, and defending Alberta's energy sector, we're laying the groundwork for a thriving province for generations to come.

As the year wraps up, and we enter into the holiday season, I want to wish you all a Merry Christmas, and a bright New Year filled with joy, health, and happiness! May this spiritual season bring warmth to your heart and peace to your home.

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



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Sundance

Detached Home Stats - Last 45 Days



22

New Properties



11

Sold Properties



24

Average Days on Market



\$811,118

Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



12

New Properties



6

Sold Properties



21

Average Days on Market



\$692,500

Median Sold Price



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