

JULY 2024

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Campbell-Stone United Church
Southview Church
Knexions Church
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.

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RESIDENT PERSPECTIVES

The Many Faces of Canada

by Danielle Robbertze

"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent." – Tommy Douglas



July 1, 1867, marks the day the British North America Act was decreed which set the way for the celebration of Canada Day. As an immigrant of Canada, it is always such a delight to see the diversity in culture, race, religion, and ethnicity being celebrated. I understand, as with any country, there is always room for improvement in establishing a truly democrat, equal society. However, I feel Canada is often a leader in this regard and an exemplary example of equity, diversity, and national pride.

Canada is not represented by only one face but by many. It is important to honour those who first called Canada home. The First Nations, Métis, and Inuit peoples have overcome significant adversity to shape the foundation of this beautiful country. Never giving up, they continue to impart their important cultural contributions all over the nation.

Canada is one of the most welcoming nations, with over 8 million immigrants according to 2021 statistics. This means that nearly one-quarter of Canada's population consists of immigrants or former immigrants (who have now obtained citizenship). Immigrants help shape the diverse fabric of Canada, contributing positively to its multiculturalism and fostering a culture of acceptance for all people.

Canadian citizens cannot be defined by just one race, ethnicity, or culture and this is something I find so fascinating and which I hope others do too. Throughout the year, there are so many festivals and gatherings that celebrate the diversity of Canada, and I know this will be no different on July 1.

Happy Canada Day to everyone who calls this wonderful jewel of a country home.



APPLICATIONS STILL OPEN!

UNTIL AUGUST 1, 2024



- Biology
- Education
- English
- History
- General Studies
- Liberal Studies
- Open Studies
- Psychology
- Social Justice & Catholic Studies
- Entrepreneurship & Social Responsibility



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Mid-Sun Community Centre



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- 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

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:

THE CITY OF CALGARY & THE GOVERNMENT OF ALBERTA - COMMUNITY FACILITY ENHANCEMENT PROGRAM (CFEP).



BRAIN GAMES

SUDOKU

	8		4		3	6		
					9		8	5
		9					4	
	1		5					
				1		4		2
		6			4	1		
			5		7		6	
2								3
	7			8				

SCAN THE QR CODE FOR THE SOLUTION



Oh Kanata!

The name “Canada” comes from “Kanata”, a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



Word of the Month

Tintinnabulation: *noun* (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.



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JULY 1 | CANADA DAY
 JULY 16 | NATIONAL FOOTBALL DAY
 JULY 21 | NATIONAL ICE CREAM DAY



MID-SUN 2024 HOUSING MARKET REVIEW

*January 1 - June 1, 2024

MIDNAPORE

DETACHED

High | \$1,370,000
 Low | \$530,000
 Avg. | \$709,853
 #Sold | 17
 Avg. days on mkt. | 13

ATTACHED

High | \$762,000
 Low | \$448,900
 Avg. | \$528,040
 #Sold | 10
 Avg. days on mkt. | 7

CONDO

High | \$350,000
 Low | \$220,000
 Avg. | \$293,175
 #Sold | 27
 Avg. days on mkt. | 17

SUNDANCE

DETACHED

High | \$2,445,000
 Low | \$502,600
 Avg. | \$772,590
 #Sold | 48
 Avg. days on mkt. | 16

ATTACHED

High | \$499,400
 Low | \$499,400
 Avg. | \$499,400
 #Sold | 1
 Avg. days on mkt. | 8

Stats current as of June 1, 2024 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer at 403.836.3018 or info@teampalmer.ca.



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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, and operational limitations.

We are excited for our summer season.

Our rule reminder of the month is Number 15 which states that briquette fired barbeques are provided for use by members and their guests. Members are responsible to supply their own charcoal briquettes and starting fluid. Members may also bring in 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 10, 2024. Details to follow.

President's Message

I want to thank all the members who were able to come out to the AGM this past month. We appreciate your interest and involvement in the meeting.

Happy Canada Day! We enjoy seeing the beach full as we enjoy each and every summer day we are given. Please be mindful of safety as you take in the sun. There are ropes and rescue flotation rings posted at various signs along the beach, fishing shore, and dock should it ever be needed. We always intend to have a fun day at the lake - please just make a quick note of the safety features when you come to play. The lake is a little deeper this year courtesy of some timely rain... please familiarize yourself with the depth of the swim area and use the appropriate safety gear.

We love to see your pictures. Consider tagging the lake when you post your time at the lake on social media. Show us your tennis, pickleball, basketball, disc golf, picnic, or playground pictures. It's rewarding to see the lake being enjoyed by members and their guests.

See you at the lake,

Jen Hawkins

president@midnaporelake.ca

Midnapore Lake Bookings

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Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.

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Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper



- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING! With 18 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at Koru4u@gmail.com or 403-804-1505. Korudecksandfences.ca.

EXTERIOR SOLUTIONS: Siding, Soffit/Fascia, Eavestrough, and Roofing. Whether you are remodeling, upgrading, or recovering from weather-related damages, we are here to help. With 30+ years' experience, we can make your renovation something you will enjoy for years to come. Please call or text Kevin at 403-804-5366.

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continued on next page

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continued

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Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



MLA Calgary - Fish Creek

Myles McDougall

7 - 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✂ @MylesYYC | 📷 MLAFishCreek

Stampede BBQ

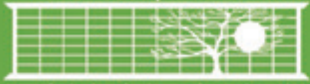
Please join me for my first Annual Stampede BBQ on Saturday, July 6, from 11:00 am to 2:00 pm at the Bonavista Downs Community Hall. This delightful, family-friendly event will also welcome furry friends. Enjoy delicious fare from Spolumbos, lively music, and connect with various community associations showcasing their initiatives. I warmly invite all constituents of Calgary-Fish Creek to join us!

Parkland Cares and Bonavista Cares will be accepting donations for back-to-school supplies at the BBQ. They are looking for new items such as pens, pencils, pencil cases, notebooks, binders, and backpacks. Please drop off your donations at their table or arrange a time to deliver them to my office.

I look forward to seeing you at my Stampede BBQ!

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca or 403-278-4444.

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is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST

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8

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8

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