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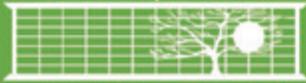
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We are looking for people to join our volunteer base and lend a helping hand with community events such as, Stampede Shutdown, Community Clean Up, Annual Casino Fundraising, etc. If you would like to be added to this list, please visit our website 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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Stargazing with Pat J: Why Pluto Got Downgraded to a Dwarf Planet

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Upon its discovery in 1930, Pluto was immediately proclaimed the ninth planet in our solar system. Astronomers however were always puzzled by its minuscule size (much smaller than Mercury) and a bizarre orbit that overlapped with Neptune's.



 To qualify as a planet, an object must: 1) orbit the Sun, 2) have enough mass and gravity to be circular in shape, 3) possess enough gravitational force to clear its orbit of other objects. As Pluto's orbit is littered with asteroids and other space debris, it failed to meet the last criterion.

After four similar sized objects were detected in the 1990s, Pluto was demoted to dwarf planet status in 2006.

Facts About Pluto:

- Named for the Roman god of the underworld, not a cartoon dog.
- If our Sun is the goal post of a CFL football field, Earth is on the two-yard line; Pluto on the opposing team's 31-yard line.
- Located far beyond Neptune in an area known as the Kuiper belt.
- 170 Plutos could fit inside Earth.
- Lying almost on its side, it rotates backwards on its axis every six days; thus, the Sun rises in the west and sets in the east.
- An egg-shaped orbit tilted 17 degrees which passes inside Neptune's orbit for 20 of the 248 years it takes to circle the Sun.
- Average temperature: -232 C.
- Sunlight takes 5.5 hours to get there.
- No rings but has five moons, Charon, the largest, is over half the size of Pluto.
- A NASA probe did a fly-by in 2015. Photos revealed a thin atmosphere and a surface pockmarked with craters, but also glaciers, mountains, valleys, and a massive heart-shaped plain; all composed of frozen nitrogen, methane, and carbon monoxide.

Dear Community Members,

I have some exciting news and updates to share with you!

Firstly, don't forget to attend our "Kick Start to Summer Event" at the Community Centre on June 1, from 11:00 am to 2:00 pm, followed by a Magic Show from 2:00 to 2:45 pm. If you're reading this after June 1, we hope you had a great time!

I'm thrilled to announce that Pam Baji has joined us as our new Vice President. With her wealth of experience and enthusiasm, we're excited to have her on board.

Please note that our community centre will be closed in July and August for a much-needed roof replacement. We'll miss seeing you all, but we're excited to have a new, non-leaking roof! Keep an eye on our website and social media pages for updates on the roof's progress.

While the community centre is closed, there will still be some activity. Our office staff will be available via email, the Senior's Thursday Card Group will continue to meet at Midnapore Lake, and the garden will still be accessible for gardeners.

We'll be back in the fall with programs and events, so be sure to check our website for information. Thank you for your continued support of our community association. We look forward to seeing you all soon.

Website: www.midsun.org

Facebook: www.facebook.com/MidSunCA

Instagram: www.instagram.com/midsunca/

Patsy

Mid-Sun Community Association Board President

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Mid-Sun Social Seniors' Club

Welcome to June and the start of summer when we look forward to outdoor activities, family events and often a trip. In kicking off this month, it is also a time to celebrate being a senior as June 3 to 9 is Seniors' Week, when seniors across the province are recognized and appreciated for all that they contribute.

Temporary Change of Location

Mid-Sun Community Centre generously provides the space for seniors' activities throughout the year. This will be our location for most of June's activities. However, as soon as the roof replacement starts at the end of June, we will occupy alternate facilities. Starting on Thursday, June 27 and continuing until further notice in the fall, MSCC has secured a space for us to play cards on Thursday afternoons, 1:30 to 3:30 pm, at Midnapore Lake, 185 Midlake Blvd., lower level. The building has a lift for those who have difficulty with stairs. Games, tea, coffee, and snacks are provided. A small donation is welcomed. We request that participants arrive no earlier than 1:25 pm to check in at the park entrance. Your name must be on the guest list to enter, so registration will be required for every time that you will attend. Please submit your name to seniors@midsun.org each time that you will attend or call 403-827-8893.

June Activities:

Seniors' Week

June 3, 4, 5, and 7

Mid-Sun Community Centre has planned daily activities especially for seniors. Please check www.midsun.org for events, details, and registration information.

Annual Seniors' Week Lunch Hosted by Mid-Sun Social Seniors Committee

June 6 from 12:00 to 3:00 pm in the multi-purpose room at MSCC.

We invite seniors 55+ to take advantage of this opportunity to meet and chat with other seniors in the community. Enjoy a light lunch, music and a glimpse of our games and activities (some may be outdoors, weather permitting). Lunch is no charge, but you must register to participate as spaces are limited. Contact seniors@midsun.org for information.

Once you have met some of our members, please join us to play cards and games every Thursday afternoon, 1:30 to 3:30 pm, in a fun-loving, no pressure atmosphere. We are continually learning and enjoying new games.

Bingo

Monday, June 17, 6:30 to 8:30 pm, MSCC.

This is a cash only event for 37 players. We will call ten games of Bingo with cash prizes. Registration is required. Please confirm registration details, card and concession prices, rules and games at seniors@midsun.org This will be the last Bingo of the summer.

Pub Nite

Tuesday, June 18

As days are longer and driving conditions improve, we will venture a little further for social evenings. This month we will meet at Starlite Restaurant and Bar, 369 Heritage Dr SE, at 5:00 to approximately 7:00 pm. Each senior may order the daily special or other menu item and is responsible for their own bill. If you wish to join us, please register at seniors@midsun.org. so that staff are prepared for our group.



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Invoices for the 2024-2025 fees will be sent out the first week of June. If you receive our e-newsletters, then you should be receiving your invoice via email. Please check your "spam" folder if you don't see it in your inbox. If you haven't signed up for our e-newsletter, then you will be receiving your invoice via Canada Post. Not receiving an invoice is not an excuse for not paying your fees.

Did you know that we now accept fee payments via e-transfer? You can send your payment to payment@lakesundance.org. No password is necessary. Please be sure to include your name and address in the memo section.

If you don't use e-transfers, then payments can be made at the office using cheque or debit, or you can mail a cheque to the office.

Lake Fee Increase

The annual lake fees will be increasing slightly this year, and the increase will be reflected in the bills you will be receiving this month. Regular homes will be \$299.46 and lake front/lake access homes will be \$405.87.

This fee adjustment addresses rising operating costs due to inflationary trends of the goods and services we depend upon as well as contributions to the restricted reserve fund. This fund is used to finance the costs of major maintenance as well as the cyclical replacement of aging capital assets.

Even with these increases, Lake Sundance remains to have one of the lowest maintenance fees among all lake associations in Calgary and surrounding area.

Chemical Treatment of Weeds in The Lake

The weeds in the lake will be chemically treated in June. The beach and all water activities will be closed for approximately three days due to the treatment. Dates will be announced so please watch for notices and signage. The dates will also be posted on our website and on our Facebook page.

Stampede Breakfast

Members and their guests are invited to join us on Saturday, July 6 from 9:00 am to noon for pancakes and sausages. Additional details will be announced closer to the event so please check our website and Facebook page. To speed up entry into the event, please have lake cards for all family members, pre-register your guests using the day of guest form on our website and insure that your lake fees have been paid.

Joke of the Month

What do you get from a pampered cow?

Spoiled milk.



Crossing Niagara

June 30, 1859, is a date to mark in your calendar and remember! It was on this day that Charles Blondin crossed Niagara Falls on a tightrope! This feat has since been replicated by many, with the most recent being Nik Wallenda on June 15, 2012.



Summer is Here!

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

Rule Reminder

#11 which states that Members may supply and use their own floatation toys that include non-approved watercraft such as toy dinghies and floatation blankets in the beach swimming area that is defined as that body of water nearest the beach extending into the lake to a line between the orange shoreline markers, one located on the corner of the boat dock and the other located on the south shore fishing zone. Any members using floatation toys in open lake water beyond this point are required to supply and wear a Personal Floatation Device.

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

AGM

Save the date. Our Annual General Meeting is tentatively scheduled for June 20, 2024. Details to follow.

Board Of Director - Nominations

The Midnapore Lake Residents Association annual general meeting will be held in June, and we are recruiting community leaders to serve on the Board of Directors. We are looking for people who have a passion for our facility, have a vision for the future, and who enjoy actively effecting positive change in a team-based environment. We welcome interest and value contributions from persons with a diversity of life experience, and also have ongoing needs for those with a background in: Technology, Construction/Trades, Board Governance, Finance and Administration, Safety, Human Resources, or Project Management. We also welcome creative dreamers who can transform an idea into a reality.

Election to the Board of Directors will take place in June during the annual member meeting. To express your interest or for more information, do contact the Nominating Committee at nominations@midnaporelake.ca.

We look forward to hearing from you or from anyone who you think would be a great addition to our team.

Movie on the Beach

Save the date, our Movie on the Beach event is scheduled for August 10, 2024. Details to follow.

Midnapore Lake Bookings

For your Lake Room, Cookshack and Large Group Bookings please call the office staff at 403-256-0550.

President's Message

Drought has been on top of the mind as we move into the summer months. Fortunately, Lake staff were able to meet with the city in the early spring and work out an arrangement to add a topping up of water in April. We were additionally "treated" by a couple of heavy wet snows adding volume to the lake (bet you didn't know that snow was actually a gift). This advanced preparation has us heading into the summer with good lake volume. That being said, as we move into August, hot windy conditions can cause us to lose over a quarter inch of water per day to evaporation. It is typical that the lake loses 15 to 20 inches of water to evaporation over the summer. The irrigation system also draws water from the lake. As such, we will be carefully monitoring our water levels and adjusting our irrigation accordingly to manage the water needs for the summer season. Our current well is operating at its full capacity and has begun adding water to the lake in April.

Our Movie on the Beach event is a community favourite. We will anticipate great weather... so save the date August 10.

Looking forward to the summer season.

See you at the Lake,

Jen Hawkins

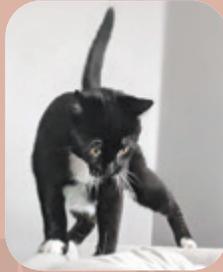
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One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder

- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!



Ribbit

Frogs are amazing creatures! Though they have lungs that allow them to breathe just like humans, they are also able to absorb water and respire through their skin! It is quite permeable, so as long as oxygen levels in the water don't get too low, frogs can breathe on land and underwater!



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PEDICURES BY SANDRA: I am now accepting new clients for my home-based studio in Sundance. With over 25 years' experience as a foot care specialist, I am comfortable with all foot issues, and have probably seen it all! Please call/text 403-818-4604 for an appointment.



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MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 ☎ 403-278-4444
 ✉ Calgary.FishCreek@assembly.ab.ca
 ✎ @MylesYYC | 📷 MLAFishCreek

The 31st legislative session has come to a close, and I'm eager to dedicate more time to our constituency this summer. Please join me for the first Annual Stampede BBQ on Saturday, July 6, from 11:00 am to 2:00 pm at the Bonavista Downs community hall. It promises to be a delightful, family-friendly affair, welcoming both furry friends and our esteemed Premier Smith along with other Ministers and MLAs for a potential visit. Enjoy fantastic fare from Spolumbos, lively music, and the opportunity to connect with various community associations showcasing their initiatives. I extend a warm invitation to all constituents of Calgary-Fish Creek to attend!

Alberta Releases Drought Response Plan

I am pleased to share that Alberta's new 2024 Drought Response Plan has been released and will help guide the province through any and all drought conditions. This is a plan covering everything from conservation plans and water-sharing agreements to declaring an emergency and prioritizing water for human health and safety. It will help ensure that Albertans, communities, farmers, ranchers, and businesses get the support they need, whatever the weather.

Drought conditions can change rapidly and impact different areas in very different ways. The Drought Response Plan outlines:

- The five stages of Alberta's drought response.
- The roles and responsibilities of partners, including government, to help everyone collaborate and communicate.
- The regulatory and non-regulatory approaches and tools that may be used in various drought conditions.
- How and when emergencies would be declared, with recognition that declaring an emergency is used as a last resort.

More information can be found at www.alberta.ca/drought-what-government-is-doing#jumplinks-2.

Looking forward to seeing you all 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.



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