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childcare@midsun.org

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calgary.fishcreek@assembly.ab.ca

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eaward14@calgary.ca

MP for Calgary-Midnapore Stephanie Kusie
stephanie.kusie@parl.gc.ca

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Campbell-Stone United Church
Southview Church
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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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Mid-Sun Community Centre



www.midsun.org

- Community news and events
- Memberships and member benefits
- Details & prices registered and drop-in activities
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RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!

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Mid-Sun Social Seniors

As this year slowly draws to a close, our seniors' group (55+) continues to meet every Thursday 1:30 to 3:30 pm at the Mid-Sun Community Centre for cards and games. New participants in Midnapore, Sundance, and adjoining areas are always welcome to join for a social afternoon of chat, games, coffee, tea, snacks, and connecting. We play old favourites like hearts, rummy, euchre, canasta and crib, as well as enjoying newer games like Joker's Wild, Play Nine, Sequence, and Five Crowns. Never heard of them? Looking for others to play a game with? Interested in introducing a new game to the group? Then it is time to come and play. We also have available card holders, card shufflers, large print cards, and tables for four to make playing more comfortable. We strive to maintain a friendly, supportive atmosphere where attendees strengthen their thinking skills as they continue to learn new games and practice familiar ones. Small donations are accepted. Please drop in to meet us and join in one of the games.

Upcoming Events

Cards and Games

Thursday, November 7, 14, 21, and 28

Mid-Sun Community Centre (50 Midpark Rise SE)

Pub Nite

Wednesday, November 20 from 5:00 pm to approximately 7:00 pm

Tentative Location: Wing Nite at The Hideout (380 Midpark Way SE, near Wingate Inn)

Participants may order the wing special or choose from a varied menu. Each person is responsible for their own bill. Please note that a standard 18% large group tip will be requested from each diner. If you wish to join us, we ask that you contact seniors@midsun.org to confirm the location and to register so that we are able to supply an accurate count to the venue staff in order to prepare for our group.

On November 11, we encourage each person to take time to recognize and honour Remembrance Day and Canada's veterans in a way that is meaningful and symbolic for you.

Please contact us at seniors@midsun.org with questions, to gather information about the group or for details of upcoming events.



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NOVEMBER

NOVEMBER 3 | DAYLIGHT SAVING ENDS
 NOVEMBER 11 | REMEMBRANCE DAY
 NOVEMBER 26 | NATIONAL CAKE DAY



MID-SUN 2024 HOUSING MARKET REVIEW

*January 1 - September 30, 2024

	<u>DETACHED</u>	<u>ATTACHED</u>	<u>CONDO</u>
MIDNAPORE	High \$1,370,000	High \$838,000	High \$359,900
	Low \$505,000	Low \$448,900	Low \$220,000
	Avg. \$702,839	Avg. \$541,556	Avg. \$298,374
	#Sold 38	#Sold 16	#Sold 44
	Avg. days on mkt. 15	Avg. days on mkt. 10	Avg. days on mkt. 21
SUNDANCE	<u>DETACHED</u>	<u>ATTACHED</u>	<i>Stats current as of Sept. 30, 2024 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer at 403.836.3018 or info@teampalmer.ca.</i>
	High \$2,445,000	High \$640,000	
	Low \$502,600	Low \$447,500	
	Avg. \$772,235	Avg. \$525,233	
#Sold 70	#Sold 6		
	Avg. days on mkt. 18	Avg. days on mkt. 24	



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NEWS FROM THE MIDNAPORE LAKE

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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 are \$305 plus \$15.25 (GST) for a total of \$320.25. For your convenience, we recommend payment by e-transfer. We do charge a \$5 fee for fee payments made by credit card to recover those costs charged to us by the payment card industry. We do not accept credit card payments over the phone and do not accept cash.

Communication

Please check our website (www.midnaporelake.ca) or our Facebook page for changing park hours. Park operating hours are reduced during the fall season and then extended to 9:00 pm once we open for the winter season.

If you would like to receive direct email notifications, please contact the office to register your email address with us.

Looking Forward

Christmas lights will be turned on December 1.

Skate with Santa (tentative – December date TBD).

Children's Skating Lessons – Registration information will be posted on our Facebook page and website in November. Planned lessons will be held in January and February.

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

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.



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Thank you to everyone who attended my October Town Hall. It was wonderful to see so many of you actively engaged in the issues affecting our province. I look forward to continuing these important conversations in the new year at my next Town Hall. In the meantime, stay connected by following me on social media for the latest government updates.

Every year on November 11, Remembrance Day honours the military personnel who died in wars, particularly since World War I. It is a day marked by silence, ceremonies, and red poppies. A time for reflection and gratitude for the sacrifices made for peace and freedom.

Introducing the Rate of Last Resort

Alberta's government is helping Albertans take control of their electricity options and protecting Alberta's ratepayers from power price spikes.

New regulations and legislation are set to come into effect on January 1, 2025, to help Albertans better understand their energy options and encourage them to find the rate best suited to meet their needs. Following the Utilities Affordability Statutes Amendment Act, 2024, the default electricity rate is being renamed from the Regulated Rate Option (RRO) to the Rate of Last Resort (ROLR). Alberta's government has also introduced a rate confirmation requirement. The Utilities Consumer Advocate, under the Ministry of Affordability and Utilities, will contact all customers on the ROLR every 90 days to confirm whether they would like to stay on the ROLR or not, and encourage them to explore their options.

Albertans are encouraged to find the competitive rate best suited to their needs. Last year, tens of thousands of households moved off the Rate of Last Resort to competitive contracts for a more affordable option. Albertans who are looking for help with their utility bills or are experiencing a dispute with their provider should contact the Utilities Consumer Advocate at 310-4855 or through their website at www.ucahelps.alberta.ca.

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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	1		4		2	3		
7		1		2				
8			1	4				
	6							

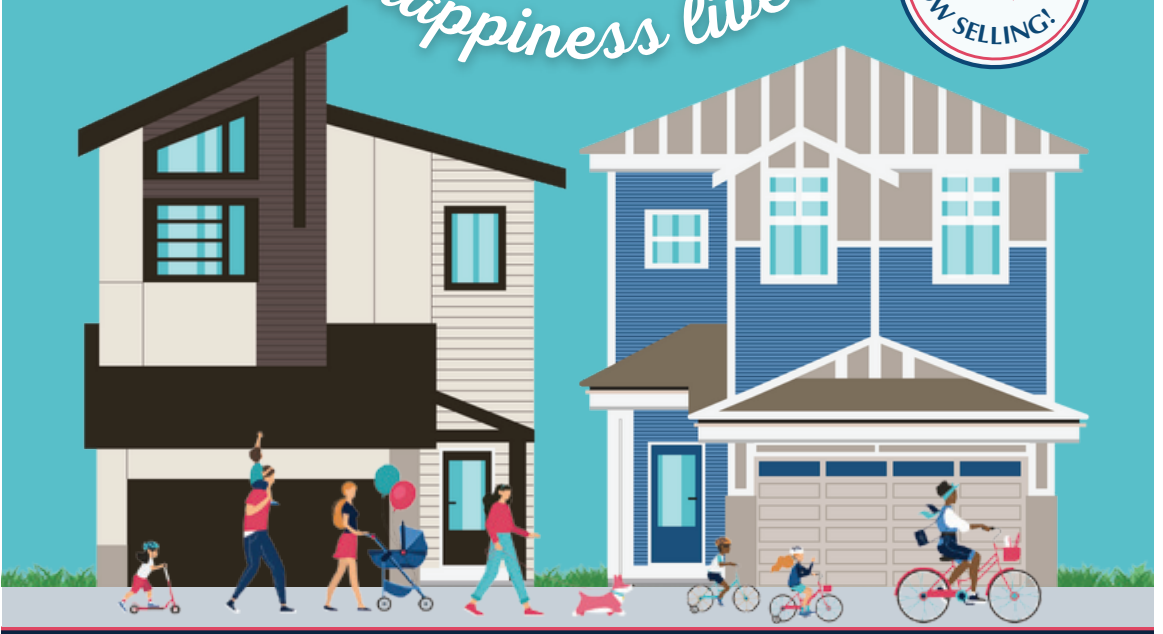
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New Properties



10

Sold Properties



29

Average Days on Market



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Detached Home Stats - Last 45 Days



15

New Properties



7

Sold Properties



10

Average Days on Market



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Median Sold Price



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