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president@midsun.org

Community Garden Wayne Hewitt
garden@midsun.org

Community Playgrounds Erin Delamont
midsunplayground@gmail.com

SFC Recreation Rep Doug Bouwmeester
dougbowmeester@shaw.ca

Community Traffic Concerns Ian Laird
traffic@midsun.org

Community Seniors Programs Joan Trotz and
Darleen Hornaday
seniors@midsun.org

CONTACTS

Mid-Sun OOSC Program Servicing St. Theresa of Calcutta
School
403-256-4422
childcare@midsun.org

Midnapore OOSC Program Servicing Midnapore School
403-254-0288
midnaporeoosc@midsun.org

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eaward14@calgary.ca

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stephanie.kusie@parl.gc.ca

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Lutheran Church of Our Saviour
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Bonavista Baptist Church
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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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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Mid-Sun Community Association



AGM


Wednesday, October 9th (7:00 pm)

All residents of Midnapore and Sundance are invited to attend and will be required to pre-register your attendance.

You must hold a valid Mid-Sun Community Resident Membership in order to vote.




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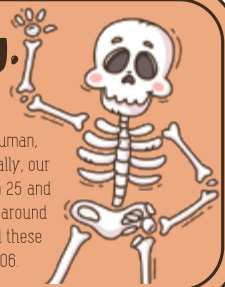
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- Community news and events
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- Details & prices registered and drop-in activities
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- Community engagement opportunities
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Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.

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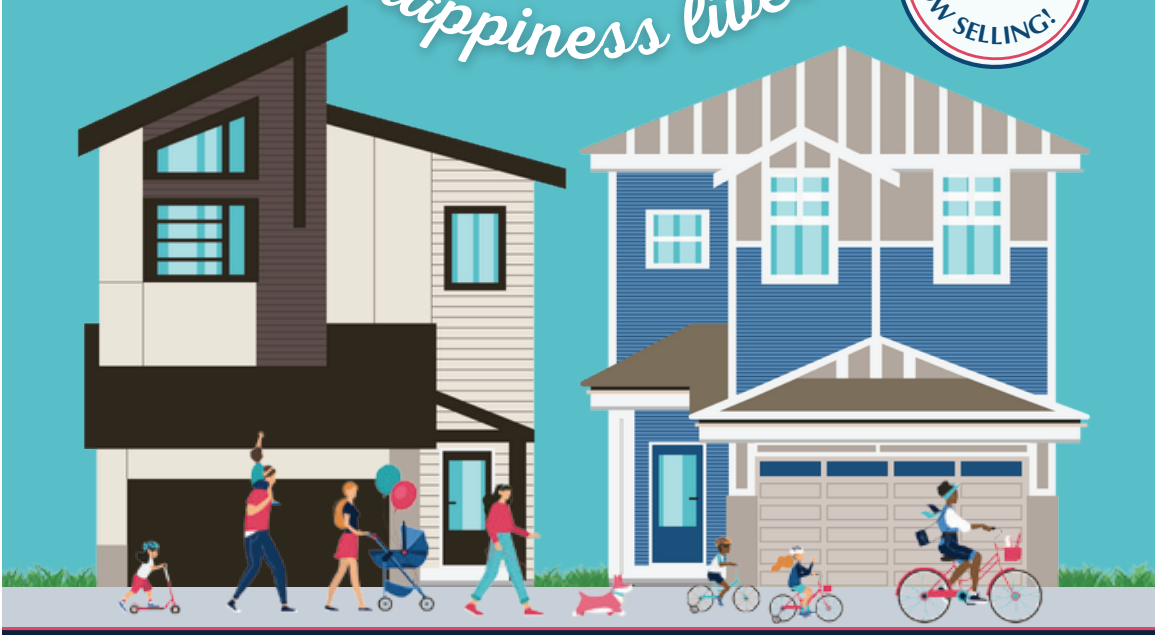
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Mid-Sun Social Seniors

Mid-Sun Social Seniors continues to be a strong, vibrant group that offers an opportunity for seniors 55+ to maintain an active lifestyle and to remain connected to the community. Through a variety of activities, we encourage participation in social gatherings like cards and games, information sessions that are relevant to seniors, potlucks, etc. You are welcome to attend one activity or all activities. Not sure if this is for you? Drop in and check us out. You will find lots of laughter, chatter, discussion, and new friends.

October Events

Cards and Games

Thursday, October 3, 10, 17, 24, 31 from 1:30 to 3:30 pm

Mid-Sun Community Centre (50 Midpark Rise, SE)

***This is a fully accessible facility**

Our group meets every Thursday afternoon to play cards and board games. No experience is necessary as we are happy to teach new games in a supportive, inclusive atmosphere. Those of us who are long-term participants continue to learn new games as well. Coffee, tea, and snacks are available. Small donations are accepted. A variety of games are set up every Thursday at tables for two to six players. You can choose a game that interests you.

Pub Nite

Wednesday, October 23 from 5:00 to approximately 7:00 pm

Peanuts Pub (9030 Macleod Trail, in The Carriage House Hotel)

Each month a local venue is chosen and reserved for our group to gather and socialize over supper. Often a special is offered or you can make a selection from the menu. Spouses are welcome. Each person is responsible for their own bill. If you wish to participate, please register your name and phone number by contacting seniors@midsun.org before October 17.

Planning Ahead

For those who enjoy small, low key bingo games, we are hoping to return to holding monthly bingos. Please sign up for information emails at seniors@midsun.org so that you will know if we are able to add a Bingo Nite to our October schedule.

If you have questions or require information about any Mid-Sun Seniors events or want to have your name added to the mailing list, please contact seniors@midsun.org.

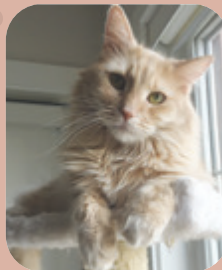
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Buck, *Montgomery*



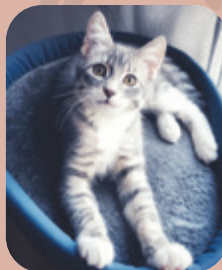
Dry Bones,
McKenzie Lake



Harper Lee, *Beddington*



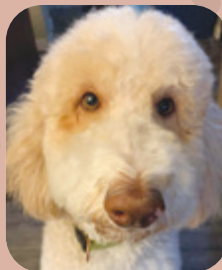
Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

To have your pet featured, email news@mycalgary.com

Let's Share the Road Safely and Look Out for Each Other

by the City of Calgary

October's traffic safety focus is Pedestrian Safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.

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NEWS FROM THE MIDNAPORE LAKE

RESIDENTS ASSOCIATION

Park Hours

Please check the website for up-to-date park hours. As we move into fall, the park will close earlier in the evening, matching sunset. Park hours will be extended once we open for the winter season.

Halloween

Happy Halloween to everyone!

Midnapore Lake will be holding our fifth Annual Pumpkin Hunt on Saturday, October 26. For information, please check our Facebook page as well as our website. This event will require participants to pre-register.

Looking Forward

- October 26, 2024 - Annual Pumpkin Hunt (Pre-registration will be required)
- December 2024 - Skate with Santa (date TBD)
- January/February 2025 - Skating Lessons

Midnapore Lake Bookings

For your Lake Room, Cookshack, and large group bookings, please call the office staff at 403-256-0550.

Message from the President

Happy October!

We have reached the heart of pumpkin spice season. As such, please keep the Annual Pumpkin Hunt top of mind... maybe save the date for October 26. This is a very anticipated event each year and I urge you to be well informed of registration by following us on Facebook at Midnapore Lake Residents Association or on Instagram @midnaporelake. Another way to ensure you are receiving current information is verifying that your email is correct with the office staff.

I must submit these messages a month in advance. So, I am going to share what I hope has happened at the lake over the month of September. It is our intent to drill a second well to secure a water source to supplement our lake levels. This project has been pursued with careful planning and consideration. I must admit that I personally have not participated in drilling a well - we have consulted the right folks, and we recognize there is a bit of faith that goes with seeking water underground. Please cheer for us. In the wake of a summer of water restrictions it is prudent to make ourselves self-sufficient.

Perhaps you have driven past the lake in the past month and wondered what we are up to? I will continue to report on this project as we go.

October is also the month of Thanksgiving. My teenage son took an interest in fishing this summer and spent many evenings at the lake teaching himself to fly fish with his friends. I have seen a number of pictures of the fish they have caught and released. I am thankful that the lake offered him a spot to enjoy a new hobby.

"Acknowledging the good that you already have in your life is the foundation of all abundance." - Eckhart Tolle. I wish you all a warm and happy Thanksgiving.

See you at the lake,

Jen Hawkins

president@midnaporelake.ca



BRAIN GAMES SUDOKU

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

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@MylesYYC | MLAFishCreek

Join Us for a Calgary-Fish Creek Town Hall

As we prepare for the upcoming fall session in the Legislature, I've been hearing from many of you on a wide range of important topics. To continue these valuable conversations, I'm excited to invite all Calgary-Fish Creek residents to an open town hall. This is your opportunity to share what matters most to you, so I can effectively represent our community in Edmonton.

Event Details

Date: Wednesday, October 23

Time: 7:00 pm

Location: Bonavista Downs Community Hall
(1418 Lake Ontario Rd SE)

I look forward to engaging in meaningful discussions with you. Hope to see you there!

As we head into the second month of the school year, students' mental health is top of mind. The Alberta government has extended the Mental Health in Schools pilot program to ensure students have access to additional mental health support in schools this year. When a student's mental health needs are met, they learn better, achieve more, and have healthier and more fulfilling relationships, which is why our government is investing \$6.7 million to support 350,000 students across 79 school divisions. This pilot program has supported school divisions in launching locally developed initiatives that include hiring in-school psychologists and social workers, mental health literacy programs, and professional development and training for staff.

If your child is struggling with mental health, The Summit Centre for Youth Resilience is a great free resource, designed and built to provide mental health services for children and youth. The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral and are available from 9:00 am to 9:00 pm, seven days per week. The Summit can be reached at 587-534-7200 or thesummit@ahs.ca.

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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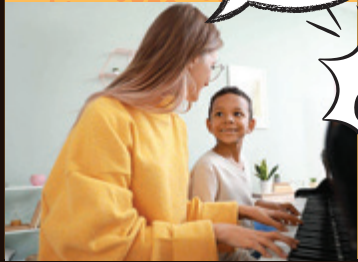
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21

New Properties



13

Sold Properties



28

Average Days on Market



\$762,884

Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



10

New Properties



5

Sold Properties



12

Average Days on Market



\$695,000

Median Sold Price



JORDY HUNTRODS

CALGARYREALESTATEPLUS.COM

403.681.4457

jordy@paramountcorp.ca

PARAMOUNT
REAL ESTATE CORPORATION