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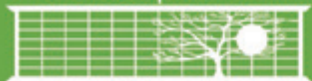
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Mid-Sun Community Association

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

CONTACTS

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eaward14@calgary.ca

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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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- Community news and events
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- 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

PRESIDENT'S MESSAGE

It feels like just yesterday we were welcoming the summer, and now, here we are in September, ready to embrace the crisp air of fall and the cozy warmth of the upcoming winter. I trust you had a summer as delightful as mine, filled with sun-soaked days by the lake and cherished moments in our vibrant communities.

While we were enjoying summer here, there were others not so fortunate. I know we are all deeply saddened by the losses suffered due to the forest fires over the summer and extend our heartfelt sympathies to all the victims.

Our Community Association is thrilled to have our Community Centre Roof Project drawing to close. We've been working on this for the past three or four years so having it completed is a major accomplishment! With that behind us, we are eagerly anticipating exciting events and programs lined up for the next few months. Be sure to explore all the fun activities at www.midsun.org.

One of the highlights this fall will be our Annual General Meeting, scheduled for Wednesday, October 9 at 7:00 pm. Along with our usual discussion items, we'll also be talking about a few bylaw changes that you'll want to be aware of. Firstly, we're considering reducing the minimum number of board meetings required from eight to six per year. This change reflects our experience that six or seven meetings are usually sufficient, as we strive to keep our board meetings efficient and enjoyable for all!

Additionally, we're proposing to give the Board authority to grant honorary memberships to individuals who are serving on the board but have recently moved out of the community. These individuals consider Mid-Sun their true home and wish to continue volunteering for us. This change aims to honour their loyalty and address the difficulty in finding volunteers for board positions.

As always, if you have any questions or suggestions, please let us know, you can email me at president@midsun.org.

Patsy





THANK YOU

As we draw near the end of our roof replacement project, we cannot let this moment pass without extending some thanks. Thank you – City of Calgary and The Government of Alberta (Community Facility Enhancement Program) for providing us the funding to complete this project. Thank you – to our dedicated Association Board, General Manager, Project Manager, and Contractors for your behind the scenes hard work and seeing this project to its completion! And lastly, thank you – to our wonderful communities of loyal participants, volunteers, OSC & SDC families, rental partners, instructors and staff of the Community Centre. Thank you for your daily support, contributions, and most of all, your patience over the last few years!

We cannot wait to greet you all again with smiling faces!

- Mid-Sun Community Centre & Association



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Mid-Sun Social Seniors

Welcome to a return to normal routines as we say farewell to summer activities and enter September! The Mid-Sun Seniors' group continues to meet every Thursday to play cards and games. We have spent enjoyable hours, sharing our vacation stories, summer dilemmas, gardening experiences, and interesting tid-bits of information. In September, we will have either returned to the Mid-Sun Community Centre facility, if roof repairs are complete, or will continue to meet at Lake Midnapore.

Thank You Lake Midnapore

The Lake staff and administration have been so welcoming and flexible in meeting the needs of our seniors. We truly appreciate their accommodating us throughout the summer. Thank you!

September Activities

Weekly Cards and Games Every Thursday, 1:30 to 3:30 pm

Please join us as we meet to play familiar card and board games and learn new games. All seniors 55+ are welcome. Refreshments and snacks are provided, and small donations are accepted. If you are looking for a fun-filled two hours, complete with laughter, chat, new friends, and acceptance, this is the place to be. For more information, contact seniors@midsun.org.

An Invitation

The Mid-Sun Seniors' group and seniors in the area are invited to drop in at London Drugs Shawnessy "Meet our Store" event on Tuesday, September 17, 10:00 am to noon for coffee and treats. This "drop-in" will provide an opportunity to meet the store staff and learn about services and products that are offered with the needs and challenges of seniors in mind. Participants will explore the departments to interact with personnel, ask questions and gain information. You will also meet some of our seniors' group members.

Pub Nite: Tuesday, September 24, 5:00 to approximately 7:00 pm

For those who enjoy an evening dining out and would like to engage with other seniors, please join us for our monthly Pub Nite. This month, we will gather at Greek Next Door, 8330 Macleod Trail (north end of London Drugs Heritage Mall). If you wish to participate, we request that you contact us at seniors@midsun.org with

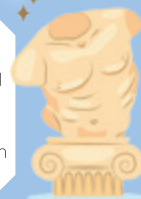
the names of attendees so that the staff can prepare for the size of our group. Each person will be responsible for their own bill.

For questions about Mid-Sun Seniors' activities and organization or to be added to our contact list, please email seniors@midsun.org.



The Month of Septem

Did you know September was originally the seventh month of the year in the Roman calendar? It wasn't until the Gregorian calendar was introduced that it became the ninth month. In fact, September comes from the ancient Roman word "septem" which means seven.



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* January 1 - August 1, 2024

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DETACHED

High | \$1,370,000
Low | \$505,000
Avg. | \$700,247
#Sold | 30
Avg. days on mkt. | 16

ATTACHED

High | \$838,000
Low | \$448,900
Avg. | \$549,033
#Sold | 12
Avg. days on mkt. | 10

CONDO

High | \$350,000
Low | \$220,000
Avg. | \$295,504
#Sold | 35
Avg. days on mkt. | 19

SUNDANCE

DETACHED

High | \$2,445,000
Low | \$502,600
Avg. | \$781,552
#Sold | 70
Avg. days on mkt. | 16

ATTACHED

High | \$544,500
Low | \$499,400
Avg. | \$521,950
#Sold | 2
Avg. days on mkt. | 43

Stats current as of
August 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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NEW



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SOLD



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Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!





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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.

Back to School

We hope that everyone had an amazing summer.

As we move into fall, we would like to remind everyone of some of our fishing rules:

- Fishing privileges are restricted to three guests per member. Members must actively be fishing with their guests. Guests are not permitted to take or remove fish from the property.
- Fishing after sunset is not permitted and all fishermen must check out at the front office 15 minutes before closing.

As always, please make sure you have read the lake's rules and regulations.

Looking Forward

October 26, 2024 - Annual Pumpkin Hunt (Pre-registration will be required)

December 2024 - Skate with Santa (date TBD)

January/February 2024 - Skating Lessons

Midnapore Lake Bookings

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



President's Message

For some of us we can't believe it is September. Others embrace the return to routines. At the lake we simply appreciate every extra day of warm sunshine. The beach becomes less busy but that isn't to say that folks don't continue to swim. Alas, we are Canadian and must milk every opportunity before autumn settles in.

I would like to take a moment to thank all the families that came to enjoy movie on the beach. It remains a favourite event, and it brings us joy to see a hill full of members and their guests.

A brief update on projects. The electrical upgrades in our pump house were completed at the beginning of summer. After allowing our aquifer to have a rest this spring, we were able to operate our current well to supplement our water levels. We are intent on digging a second well this fall to improve our sufficiency on sustaining the water levels of the lake.

Things to do at the lake before we must yield to the shoulder season... Come and try the disc golf course. Shoot hoops on the basketball court. September weather is ideal for pickleball. Or have a lazy picnic - what is that? Bring your takeout and pop into the lake to enjoy your sandwich or pizza at a picnic table. Or start a habit to take you into winter - come walk a lap around the hill each day. I say it all the time... the lake is for using.

See you at the Lake,

Jen Hawkins

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continued on next page

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GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. 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! www.gutterdoctor.ca, 403-714-0711.

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403-278-4444
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It's hard to believe that we are at the end of summer already. As many of us gear up for the start of a new school year, I wanted to share some exciting news about our school system.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024-25 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing an additional \$215 million to help alleviate these pressures, beginning in the 2024-25 school year. This will help alleviate these pressures, and ensure students have a comfortable place to learn with the support they need to succeed in the classroom.

Through this investment, up to 2,500 new spaces for students will be created in the 2024-25 school year, by building and installing up to 100 new modular classrooms. In addition to new modulars, the government is relocating up to 50 modular classrooms to some of Alberta's fastest growing communities in the Calgary Metropolitan Region and Edmonton, which will support up to 1,250 students. Calgary Board of Education will receive up to 31 new modular classrooms and have up to 14 relocated; Calgary Catholic School Division will receive up to 14 new modular classrooms and have up to six relocated.

School authorities can also use this additional funding to hire up to 1,000 additional teachers and classroom support staff which will help them manage class sizes, and tackle rising cost pressures without taking away from student learning.

The 2024-25 fiscal year is also promoting student success by providing a record \$9.3 billion into Alberta's education system, which is equal to \$47 million every day students are in school.

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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15

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10

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9

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23

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