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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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www.midsun.org

- 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



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Valentines

by Les Robertson

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How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

Mid-Sun Social Seniors' Group

As we enter the month of February, Heart Month, I am amazed at the number of significant days that are observed during our shortest month - Groundhog Day, National Pizza Day, Valentine's Day, Family Day, Teacher's Convention, and many others depending upon your provincial and cultural heritage. All are interesting to share, learn about, and recognize. These are the days that are important to Mid-Sun Seniors:

February Events

Cards and Games at MSCC

Thursday, February 6, 13, 20, and 27, 10:00 am to Noon or 1:30 to 3:30 pm

Due to increased participants and limited room capacity, we now offer two card sessions. Are you a morning person? If so, please join us at 10:00 am to play varied card games in an accepting, fun-filled atmosphere. Or you may prefer an afternoon session at 1:30 pm, choose to alternate times or attend based upon your busy schedule demands. Both times offer flexibility, enjoyment, learning of new games, the comfort of familiar games, laughter, and chat with other community seniors. Coffee, tea, and snacks are provided.

Mid-Sun Seniors' members proudly donate to local food banks, contributing when they are able at each card day. For three weeks of December, card group participants donated 90 items, weighing 106 lbs that were taken to Hope Mission along with a cash donation to assist Calgary families. Thank you everyone! In March, we will assist a new food bank collection group to serve their Calgary clients.

Bingo

Monday, February 10, 6:30 to 8:30 pm, MSCC

We encourage seniors, 55+, to join us as we call ten varied games of Bingo, each with a small cash prize. Cards are sold for \$5 per pack of ten (one card for each game). You are welcome to purchase more packs of cards if you like the challenge of multiple chances. Daubers are provided. Coffee and tea are available as well as a limited cash concession. This is a cash only event. There is no admission charge, but registration is required as we have limited seating spaces. Registration details and link are available at seniors@midsun.org.

Winter Wiener Roast

Saturday, February 22, 11:00 am to 1:00 pm

If you are tired of winter or keen to engage in a short outdoor social activity, our wiener roast has become an annual event for seniors. It is hosted in the courtyard adjacent to the community centre. Dress for the weather and join us by the firepit to enjoy a roasted hot dog and toasty marshmallow (both done to your personal preference) and a warming hot chocolate. Bring your lawn chair and your roasting stick if you have them and meet fellow outdoors lovers. If not, we do provide some. Please contact seniors@midsun.org for registration details.

Pub Lunch

Tuesday, February 25, 11:30 am to 2:00 pm

Hudson's (16061 MacLeod Trail, SE - across the parking lot from Chapters)

Yes, you read correctly! For the month of February, with dark evenings and unpredictable weather, we are experimenting with a "change it up" lunch gathering. Try the delicious poutine, riblets, burgers or choose from a variety of favourite lunch dishes. Each person is responsible for their own bill and the standard tip of 18% for group gatherings. In order for the venue to accommodate our large group needs, please contact us at seniors@midsun.org to indicate that you will attend. We also request that you let us know if you must cancel your registration.

Please remember that after an introductory "check-us-out" session, participants in Mid-Sun Seniors' Social group are required to hold a MSCC membership, available at the MSCC office. We look forward to meeting and visiting with all seniors. For information, please contact 403-254-8058 or seniors@midsun.org.

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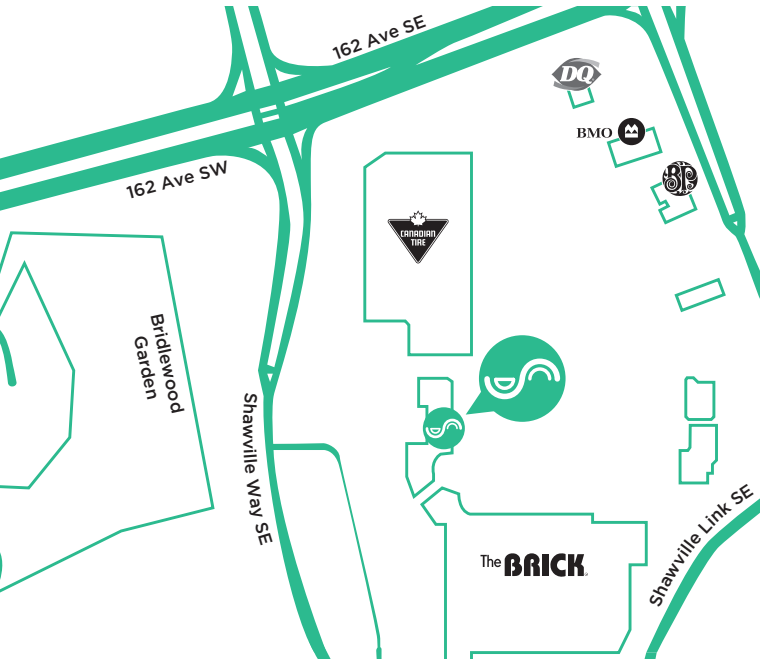


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Together Let's Send Winter Down the Drain

by The City of Calgary

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.

We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

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Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

Winter Has Arrived

Please keep your eye on our website, midnaporelake.ca, or our Facebook page for updated ice conditions.

As always, in the event of poor or unsafe ice conditions there may be occasions when we need to close the lake to skating and/or ice fishing.

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

2025 Invoicing

Please be advised that invoices for 2025 fees were generated on November 15, 2024. These invoices were due and payable before January 1, 2025.

2025 Invoices, where possible, were distributed by email. Moving to e-invoicing for the Midnapore Lake Residents Association has the benefit of being both greener and significantly more affordable. When you make your payment this year, please update your email address with the office so we have an accurate email for 2026.

Any accounts with outstanding balances as of January 31, 2025, will be denied access to the park.

Midnapore Lake Bookings

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

President's Message

With February upon us, all fees should have been paid. Once again, we relied heavily on electronic invoicing (especially with the mail strike), and we had tremendous uptake with online payments. We have saved a resounding amount of money with the convenience fee for credit card payments. Debit payments and e-transfers are free. The success story is that the lake is retaining much more money (thousands) with the reduction of bank fees and postage. Thank you to the community at large for adapting to a new procedure over the past three years.

We are at the heart of skating season. Our fishermen are also on the ice daily. We have a rigorous procedure of monitoring the ice during the winter. Measurements are taken frequently from 18 locations and we occasionally put a small drone up to view the ice surface as a whole. We have come to learn that ice is constantly changing,

and this diligence is required. Essentially thick ice is never just assumed because it is the middle of winter. By Christmas most locations were measuring over ten inches. If we find that ice has thinned in any location, it will be marked - safety is an utmost concern. Please be careful to stay clear of any hazards identified with pylons. If skating surfaces are compromised, we will close that section until the ice heals.

Sledding at the lake is the best. Consider borrowing one of the lakes tubes and take it for a spin. I have been sledding at the lake since my teen years. It's always fun to see how far you can make it onto the lake once you clear the beach - don't you agree that is the measure of a great run? Helmets are recommended. Please be courteous and watch for the base of the hill to clear before embarking. And I hope you go the furthest.

Happy winter!

See you at the lake,

Jen Hawkins

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BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES, DRYWALL AND FRAMING: We take all the stress out of your basement, bathroom, kitchen, handyman services, drywall and framing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email info@robertsonwatt.ca. Thank you.

AFFORDABLE COUNSELLING IN CALGARY: Mountain Valley Wellness offers 30-minute consultations designed to support your mental well-being. Book today to start your journey toward healing and personal growth. Professional, confidential services are available for individuals and families. Call us today at 587-402-8081 or visit us at www.mountainvalleywellness.com to learn more!

ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.

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KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.





MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

📞 403-278-4444

✉️ Calgary.FishCreek@assembly.ab.ca

📧 @MylesYYC | 📷 MLAFishCreek

As I get ready to head back to the Legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am excited to announce my next town hall meeting, taking place on Wednesday, February 12 at 7:00 pm, in the community of Parkland at their community hall, located at 505 Parkvalley Rd SE.

This is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

Improving Alberta's Highways

Highways are essential for connecting communities, driving economic growth, and accessing services. Alberta's government invested \$818 million in over 200 highway projects during the 2024 construction season, improving safety and efficiency while supporting community and industry growth.

Projects included repaving, bridge repairs, pothole maintenance, and guardrail installation. In Calgary, key improvements were made to Deerfoot Trail, including the Beddington Trail–11 Street connection, Bow Bottom Trail, and Glenmore Trail. Work on McKnight Boulevard and 16 Avenue interchange improvements is ongoing, with \$800 million invested in Deerfoot Trail projects, expected to finish by 2027.

Rewiring Alberta's Electricity Market

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Wishing all of you a happy Family Day!

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



Councillor, Ward 14

Peter Demong

📞 403-268-1653

✉️ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Hello, Ward 14!

We are one month into 2025. Maybe you made some resolutions this year. Maybe you did not. Either way, I find it's important to be persistent. Are you succeeding? Keep it up! Are you falling short? Keep trying!

Perseverance is also the key to making sure my constituents are aware of their property assessment notices. I try to mention it two or three times. In the online version of this newsletter, I will remind you about them, storm ponds, storm drains, and whatever other topics pop up.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



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Detached Home Stats - Last 45 Days



12

New Properties



8

Sold Properties



75

Average Days on Market



\$635,550

Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



9

New Properties



3

Sold Properties



37

Average Days on Market



\$644,500

Median Sold Price



JORDY HUNTRODS

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