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BEFORE



AFTER

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MID-SUN OFFICERS

Co-Presidents	Patsy McNish communitymatters@midsun.org Pam Baji president@midsun.org
Treasurer	Jack Loktiev

Secretary	Karen MacDonald
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MID-SUN DIRECTORS

Directors at Large	Keith Pedersen
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Fundraising	Karen MacDonald
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Planning and Development	Erwin Gotthold
--------------------------	----------------

Policy / Community Matters	Patsy McNish communitymatters@midsun.org
----------------------------	--

Community Garden	Wayne Hewitt garden@midsun.org
------------------	--

Community Playgrounds	Erin Delamont midsunplayground@gmail.com
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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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Past President	Mark Schmidt
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MLA for Calgary-Fish Creek	Myles McDougall calgary.fishcreek@assembly.ab.ca
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Ward 14 Councillor	Peter Demong eaward14@calgary.ca
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MP for Calgary-Midnapore	Stephanie Kusie stephanie.kusie@parl.gc.ca
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CHURCHES

Sunwest Christian Fellowship
Tree of Life Lutheran Church
St. Paul's Anglican Church
Deer Park United Church
First Alliance Church
All Saints Lutheran
Lutheran Church of Our Saviour
New Hope Community Church
Fairview Baptist Church
Spiritual Community Church of the West
Red Deer Lake United Church
The Church of Jesus Christ of Latter Day Saints
Mountain Creek Community Church
Campbell-Stone United Church
Southview Church
Knexions Church
Bonavista Baptist Church
St. Patrick's Church
Trinity Mennonite Church
Grace and Glory Foursquare Church
NewGate Baptist Church



We are looking for enthusiastic people to join our volunteer base and lend a helping hand with community events such as, June Jamboree, Community Clean Up, Annual Casino Fundraising, and more. If you would like to get involved with community events, please email your interest to info@midsun.org.

Love numbers and teamwork? We're looking for a Treasurer to oversee our finances and help us shine. Join the fun – apply now! Contact president@midsun.org for more information.

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Mid-Sun Community Centre



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- Community news and events
- Memberships and member benefits
- Details & prices for 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

Mid-Sun Social Seniors' Group

Now that summer is in full swing, I hope that you are anticipating an enjoyable opportunity to stomp your feet and experience the Stampede, savour delicious barbeque, relax at your favourite lake, or marvel at one of Calgary's many attractions.

Mid-Sun Seniors are slowing down a little to make time to enjoy the season with family, friends, and adventures.

July Activities

Weekly Cards and Games: Thursday, July 3, 10, 17, 24, and 31.

A variety of card and board games will be set up from 1:30 to 3:30 pm on these dates. We will be located indoors in the Social Shed to the west of the building (near the gardens) and outdoors under the canopy in the adjacent courtyard on the west side of MSCC. As always, refreshments and snacks will be provided. Please join us for a casual, stress-free afternoon of socializing.

Food Bank: In July, we will continue to support two charities. Non-perishable food items will be delivered to the Veterans' Food Bank. Gently used items for pets, pet food, and treats are designated for animals at AARCS. During the three-month time period ending May 30, Mid-Sun seniors have contributed 377 items, weighing 380 pounds and a generous monetary donation to support Alberta Veterans living in Calgary. In addition, 39 pet supply items were collected in May and taken to AARCS. Keep up the good work!

Pub Nite: will be held on Tuesday, July 22, 5:00 to approximately 7:00 pm at 403 Local Eatery & Bar (3133-380 Canyon Meadows Dr SE). This is an accessible venue (ramp and door) which offers a varied menu. Tuesday features a taco special. Please contact seniors@midsun.org for further information and to register.

Enjoy the lazy days of summer. For questions or information, please contact Mid-Sun Community Association at 403-254-8058, check the MSCA website, or email seniors@midsun.org.



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MIDNAPORE



SUNDANCE



DEVIN ELKIN

FOR WARD 14



Hello Ward 14, my name is Devin Elkin and I have had the pleasure of serving Ward 14 as community assistant for the past 10 years as part of Councillor Peter Demong's Ward 14 team. As you know, this spring he announced his intentions to retire from civic politics and I just wanted to thank him for all that he has done.

With that, I am thrilled to let you all know that I will be seeking your endorsement and running for Councillor in Ward 14 in this upcoming civic election. As a born and raised Calgarian, I have always understood the importance of serving your community. As my family has grown, so too has the importance of creating a city that they can call home, or for that matter, want to call home.

Now over the next month, I will be going through the nomination process to become an official candidate for Ward 14, but I wanted to express my intentions and more so introduce myself to those that I haven't met yet.

For more information about me and what I have learned from the 10 years working with Ward 14 constituents, please check out my website at www.devinelkin.com. I am excited to share more over the next few months on how being rooted in community has led me to this decision.

JULY

JULY 1 | CANADA DAY
JULY 16 | NATIONAL HOT DOG DAY
JULY 31 | INTERNATIONAL DAY OF FRIENDSHIP



MID-SUN 2025 HOUSING MARKET REVIEW

* January 1 - May 31, 2025

MIDNAPORE

DETACHED

High | \$970,000
Low | \$451,100
Avg. | \$652,894
#Sold | 18

Avg. days on mkt. | 33

ATTACHED

High | \$635,000
Low | \$365,000
Avg. | \$515,722
#Sold | 9

Avg. days on mkt. | 13

CONDO

High | \$353,000
Low | \$225,000
Avg. | \$303,681
#Sold | 16

Avg. days on mkt. | 30

SUNDANCE

DETACHED

High | \$1,750,000
Low | \$539,000
Avg. | \$793,750
#Sold | 36

Avg. days on mkt. | 28

ATTACHED

High | \$530,000
Low | \$440,000
Avg. | \$474,000
#Sold | 3

Avg. days on mkt. | 11

Stats current as of May 31, 2025 @ 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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NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Summer Is Here!

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

We are excited for our summer season.

Our Rule Reminder of the Month Is:

#15 which states that briquette fired barbeques are provided for use by members and their guests. Members are responsible to supply their own charcoal briquettes and starting fluid. Members may also bring in portable propane barbeques. No other combustible fuel, wood, or otherwise is to be used. Open fires are not permitted.

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

Movie on the Beach

Save the date, our Movie on the Beach event is scheduled for August 9. Details to follow.

President's Message

I want to thank all the members who were able to come out to the AGM this past month. We appreciate your interest and involvement in the meeting.

Happy Canada Day! We enjoy seeing the beach full as we enjoy each and every summer day we are given. Please be mindful of safety as you take in the sun. There are ropes and rescue floatation rings posted at various signs along the beach, fishing shore, and dock should it ever be needed. We always intend to have a fun day at the lake - please just make a quick note of the safety features when you come to play. The lake is a little deeper this year courtesy of some timely rain... please familiarize yourself with the depth of the swim area and use the appropriate safety gear.

We love to see your pictures. Consider tagging the lake when you post your time at the lake on social media. Show us your tennis, pickleball, basketball, disc golf, picnic, or playground pic. It's rewarding to see the lake being enjoyed by the membership and their guests.

See you at the lake,

Jen Hawkins

president@midnaporelake.ca

Midnapore Lake Bookings

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



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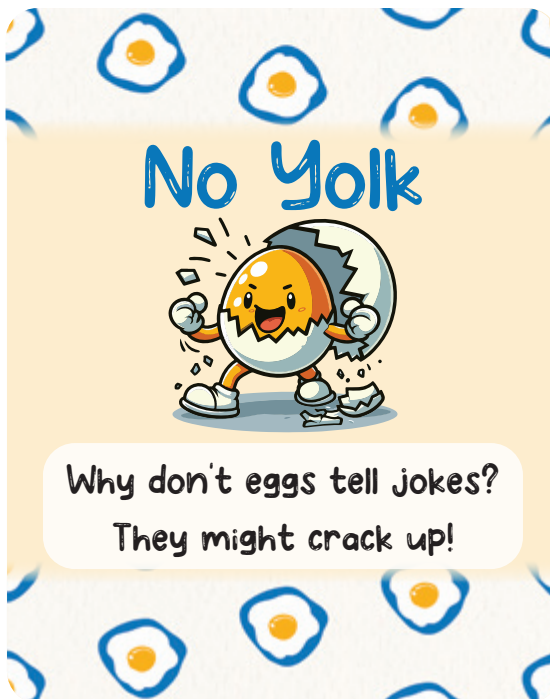
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BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

BRAIN GAMES

SUDOKU

	7			4	2	6		5
				9	1			4
2								
	2					5		
5		6				7		9
		3					8	
								8
4			3	6				
1		9	2	5			4	

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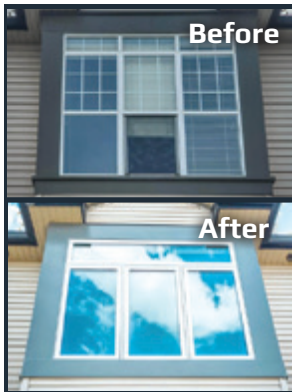
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📘 MylesMcDougallYYC | 📧 MylesYYC

You're Invited: Second Annual Stampede BBQ – July 5

My second Annual Stampede BBQ is just around the corner!

Join us on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy delicious food, and connect with your neighbours. We'll be serving up Spolumbos sausages, enjoying live music, and hosting several local community associations and non-profits, who will be on hand to share the incredible work they're doing across Calgary-Fish Creek. Whether you're a longtime resident or new to the area, I'd love to see you there! And don't forget to bring a non-perishable food item for the Calgary Food Bank. All constituents—including your four-legged friends—are welcome.

I'm also honoured to share that I've been named the new Minister of Advanced Education. I look forward to working with my colleagues in Cabinet and contributing to Alberta's future through this important portfolio. Our new Cabinet brings together experienced and newly appointed ministers, reflecting the diversity and strength of our province. Together, we are committed to building a stronger Alberta for all.

Have Your Say

The Government of Alberta is seeking feedback on the draft Plan for Parks—a strategic direction for recreation and conservation across sites managed under the Provincial Parks Act. This includes provincial parks, provincial recreation areas, and wildland provincial parks.

Please take a few minutes to complete the online survey by July 26, 2025, at www.alberta.ca/plan-for-parks-engagement.

The survey takes just 10 to 15 minutes and is a valuable opportunity to help shape Alberta's future.

Wishing everyone a safe, joyful, and fun-filled Stampede week—and I hope to see you at the BBQ!

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

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Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at calgary.ca/PlanYourTrip.

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Sundance

Detached Home Stats - Last 45 Days



34

New Properties



16

Sold Properties



20

Average Days on Market



\$720,093

Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



16

New Properties



7

Sold Properties



26

Average Days on Market



\$718,055

Median Sold Price

Community Business
Spotlight

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Limited-Time Summer Offer

50% OFF Roller Shade Installation

Tired of harsh sun, high cooling bills, and outdated blinds? For a short time only, Calgary homeowners can upgrade to sleek, custom-fit Altex® roller shades and get professional installation for 50% off. This is your chance to transform your home's style, comfort, and value — all while staying cooler and saving money. Spaces are limited, so book your free in-home consultation before this offer disappears.