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Mid-Sun Community Association

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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
-------------	-----------------

Planning and Development	Erwin Gotthold
--------------------------	----------------

Policy / Community Matters	Patsy McNish communitymatters@midsun.org
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Community Garden	Wayne Hewitt garden@midsun.org
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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
------------------------	--

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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Deer Park United Church
First Alliance Church
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Lutheran Church of Our Saviour
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Fairview Baptist Church
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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



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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Joke of the Month



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Mid-Sun Community Centre



- 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

Thank you, seniors, for all that you have done and continue to do in supporting and growing families and communities throughout the city, province, and country. June is the month to celebrate seniors and recognize their contributions to society. Seniors' Week will be acknowledged June 2 to 8 in Calgary. MSCA will host information or activity-based events for seniors during that week. On Thursday, the Seniors' Group and MSCA will offer a free lunch gathering from noon to 3:00 pm at the Community Centre. Seniors 55+ will come together to share a buffet lunch, meet others, chat, swap stories, and engage in outdoor games. Registration is required for each activity, so please check the Mid-Sun Community Centre website for details on type of events, times, and registration processes.

As the busy summer season approaches, routines for Mid-Sun seniors will change. Weekly card social time will revert to an afternoon only session. During July and August, we will meet from 1:30 to 3:30 pm in the Social Shed and courtyard located on the outdoor west side of MSCC building. We invite you to join us for an afternoon of fun and laughter.

June Events

June 2, 3, 4, 6 – Mid-Sun Seniors' Week Activities at MSCC. Check the Mid-Sun Community Association website as registration is required.

Thursday, June 5, Noon to 3:00 pm - Free seniors' week lunch at MSCC with outdoor games. Registration required.

Monday, June 9, 6:30 to 8:30 pm - Bingo in MSCC multi-purpose room. This will be our final game for the season. Registration is required.

Thursday, June 12 and 19, 10:00 am to 12:00 pm or 1:30 to 3:30 pm - Cards and games. MSCC multi-purpose room.

Tuesday, June 17, 5:00 pm - Pub Nite at Original Joe's (15 Sunpark Plaza SE). Meet us there at 5:00 pm for the wings special or other menu choice. Each diner is responsible for their bill plus standard 18% large group tip. Please register at seniors@midsun.org.

Thursday, June 19, 10:00 am to 12:00 pm and 1:30 to 3:30 pm - Last day to play cards indoors.

Thursday, June 26 - No card and games session.

To gather information about the Seniors' Social Group or any of the above activities, please contact Mid-Sun at 403-254-8058 or seniors@midsun.org.



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MIDNAPORE



SUNDANCE



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GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

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Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water



Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



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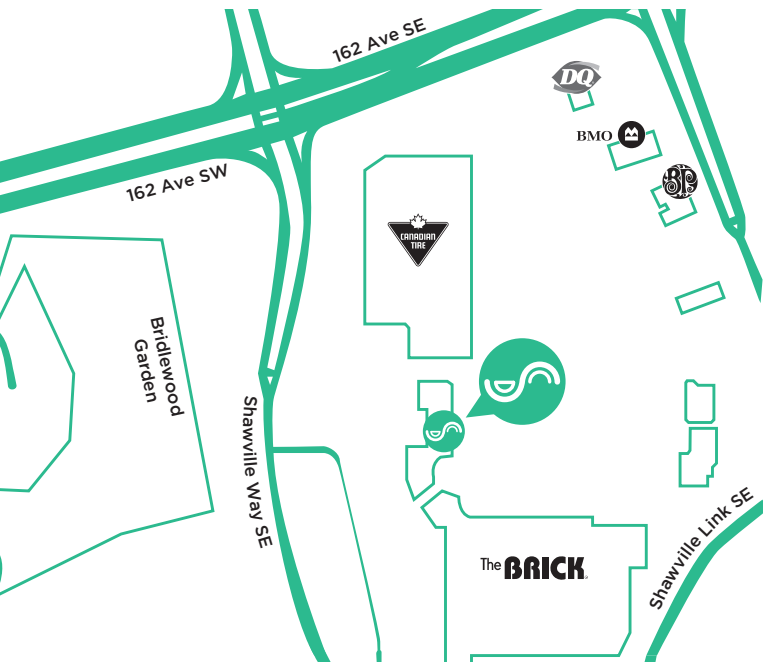


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NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Summer is Here!

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

We are now looking forward to our summer season.

Rule Reminder

#11 which states that members may supply and use their own floatation toys that include non-approved watercraft such as toy dinghies and floatation blankets in the beach swimming area that is defined as that body of water nearest the beach extending into the lake to a line between the orange shoreline markers, one located on the corner of the boat dock and the other located on the south shore fishing zone. Any members using floatation toys in open lake water beyond this point are required to supply and wear a Personal Floatation Device.

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

AGM

Save the date. Our Annual General Meeting is tentatively scheduled for June 19. Details to follow.

Board of Director - Nominations

The Midnapore Lake Resident's Association Annual General Meeting will be held in June, and we are recruiting community leaders to serve on the Board of Directors. We are looking for people who have a passion for our facility, have a vision for the future, and who enjoy actively effecting positive change in a team-based environment. We welcome interest and value contributions from persons with a diversity of life experience and also have ongoing needs for those with a background in: Technology, Construction/Trades, Board Governance, Finance and Administration, Safety, Human Resources, or Project Management. We also welcome creative dreamers who can transform an idea into a reality.

Election to the Board of Directors will take place in June during the annual member meeting. To express your interest or for more information, do contact the Nominating Committee at nominations@midnaporelake.ca.

We look forward to hearing from you or from anyone who you think would be a great addition to our team.

Movie On the Beach

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

Presidents Message

June... The park has fully shifted seasons and we are eagerly anticipating summer. Dig out your swimsuits and beach toys. Pickleball is well underway. Lots to do for everyone at the lake. We have four new row boats coming, so maybe plan to try one out on one of your visits.

We have topped up lake water with city supply for the coming season. Our original well is busy adding to the lake throughout the summer. We made two attempts to dig wells over the winter and sadly did not hit a source that would supply what we were looking for. We have been in consultation with a variety of experts as we sought to find water independent of city supply. Unfortunately, there is no guarantee of success when embarking on these projects. We are going to hold and monitor the original well for another season and decide if we want to make one final attempt in the fall of 2025.

We are preparing for our AGM in June. If you are interested in the workings of the lake, I invite you to come. If you are keen to get involved, please consider reaching out to our nominations committee. We are appreciative of our volunteer board. Board members are voted in annually and ideally would commit to two years of participation. It is a great opportunity to work with a variety of people, learn about our lake, and represent the interests of the membership.

See you at the lake,

Jen Hawkins

president@midnaporelake.ca

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





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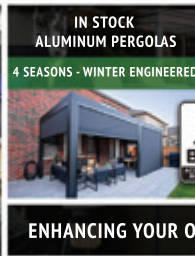
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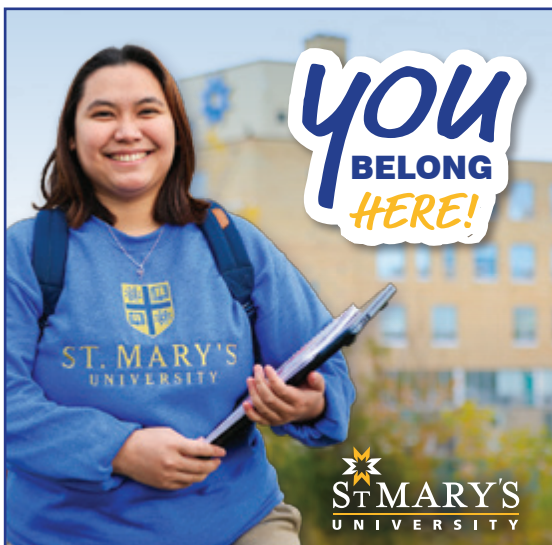




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Mark your calendars!

I'm thrilled to invite you and your family to my second Annual Stampede BBQ 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 some great food, and connect with your neighbours. We'll be serving up delicious Spolumbos sausages, playing live music, and hosting several local community associations who will be sharing information about their incredible work across Calgary-Fish Creek. Whether you're a longtime resident of Calgary-Fish Creek or new to the area, I'd love to see you there. All constituents are welcome — including your four-legged friends!

As we head into June, I want to take a moment to congratulate all the students finishing the school year. Whether you're transitioning from elementary to junior high, graduating from high school, or completing a college or university program, your hard work and determination deserves to be celebrated.

I also want to recognize the invaluable role that teachers and school staff play in shaping the future of our students. Their knowledge, dedication, and unwavering support has been instrumental in helping students learn, grow, and achieve their goals. Through their guidance and encouragement, they inspire a lifelong love of learning and make a lasting impact on every student's educational journey. Congratulations on another successful school year!

With summer just around the corner, I look forward to attending many community events and having more opportunities to connect with constituents in person. Wishing everyone a safe, joyful, and fun-filled summer — and I hope to see you at the BBQ!

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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continued on next page

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HOUSE CLEANERS IN SUNDANCE: Highly experienced cleaning ladies looking for more houses to clean. We offer excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction guaranteed! Ask about our bonus! Text 587-225-4413 or email letitclean1@gmail.com.

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Detached Home Stats - Last 45 Days



32

New Properties



16

Sold Properties



29

Average Days on Market



\$877,500

Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



10

New Properties



5

Sold Properties



23

Average Days on Market



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Median Sold Price

Community Business
Spotlight



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