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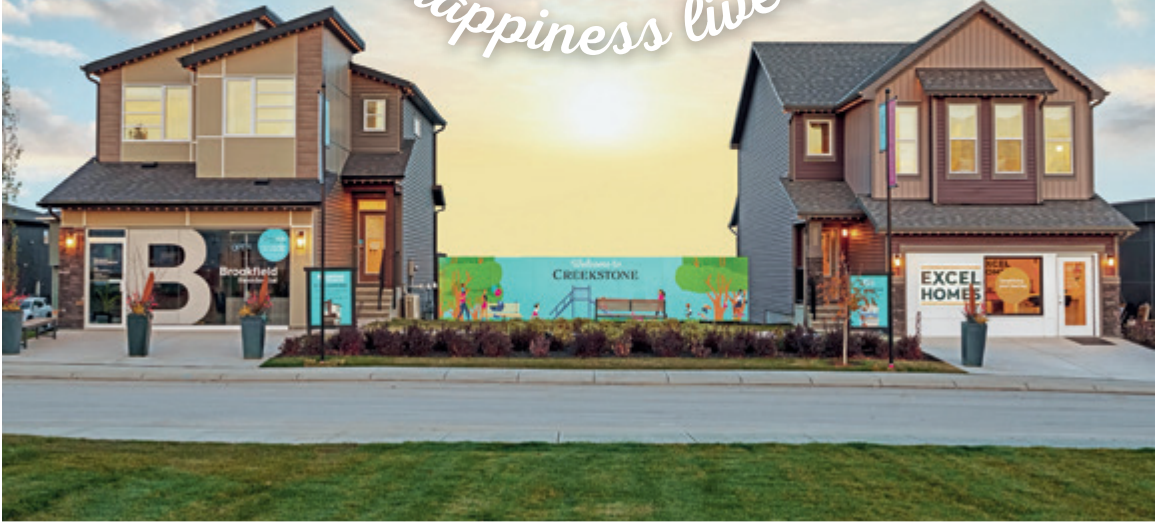


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We are looking for people to join our volunteer base and lend a helping hand with community events such as, Stampede Shutdown, Community Clean Up, Annual Casino Fundraising, etc. If you would like to be added to this list, please visit our website 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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Mid-Sun Social Seniors' Group

Welcome to March. Whether it comes in like a lion or a lamb, we are enjoying pleasant thoughts of longer days, spring weather, starting seeds, and unexpected sights like an early tulip. Although 2025 brought some adjustments in attendance and procedures for Mid-Sun Seniors, our activities (Bingo, Wiener Roast, and an additional card time) flowed smoothly.

March Events

This year, participants in all Mid-Sun Seniors' events, excluding Pub Nites, will require a Mid-Sun membership. For details, please contact the MSCC office.

Cards and Games Social

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

Please join us as we play varied games and enjoy conversation with other seniors 55+. Attendance for each session is limited to 32 players. Coffee, tea, and snacks are provided. There is no admission charge. However, we encourage you to bring a donation for a local food bank. In the four weeks of January, our seniors' group supported Hope Mission, donating 151 items, totalling 137 pounds. A new food bank distributor will be chosen for March.

Bingo at MSCC - Cash Only Event

Monday, March 10, 6:30 to 8:30 pm

Enjoy the chance to win a cash prize. We play ten games (\$5 per pack of ten cards gives one card for each game). You may purchase more than one pack. A cash concession is also available. Registration is required as spaces are limited.

Pub Lunch at Cattle Baron (Sundance)

Tuesday, March 18, 11:30 am to 1:30 pm

We invite you to join us for chat and delicious food. Each person is responsible for their own bill and the 18% tip (standard for all large groups). Please register at seniors@midson.org.

We are a friendly, accepting group of seniors who gather weekly to enjoy social interaction with others in our community. Our activities may include potlucks, outdoor gatherings, outings, and information sessions as opportunities arise. You are welcome to "check us out" in person on a Thursday at the Community Centre. If you require more information and registration links, please contact us at seniors@midson.org or by phone 403- 254-8058.



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Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

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- 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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MID-SUN COMMUNITY CENTRE



MID-SUN SUMMER DAYCAMPS

Registration Opens:

Mid-Sun Membership Holders - March 1
Public - March 10

Mid-Sun Membership holders receive early bird registration. Registration from March 1 - 9 is online only. In-person and over-the-phone registrations will be accepted beginning March 10.

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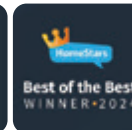


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MARCH

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MARCH 17 | ST. PATRICK'S DAY
MARCH 23 | NATIONAL PUPPY DAY



2024 MARKET RECAP & 2025 FORECAST

CALGARY YEARLY STATS

2024 DETACHED

2024 Listings | 17,245
2024 Avg. Price | \$802,662
2024 Sales | 12,410
2024 Avg. DOM | 25

2025 FORECAST

2025 Sales (F) | 12,600
Price Growth | ↑ 2.9%

2024 ATTACHED

2024 Listings | 3,137
2024 Avg. Price | \$683,309
2024 Sales | 2,354
2024 Avg. DOM | 25

2025 FORECAST

2025 Sales (F) | 2,400
Price Growth | ↑ 3.1%

2024 CONDO

2024 Listings | 10,834
2024 Avg. Price | \$348,550
2024 Sales | 7,567
2024 Avg. DOM | 29

2025 FORECAST

2025 Sales (F) | 7,300
Price Growth | ↓ 1.8%

With population growth and a growing supply, Calgary's market is trending toward more balanced conditions in 2025. (F) denotes forecasts for 2025.

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11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12112	Fluoride Treatment	\$36.05	\$36.05

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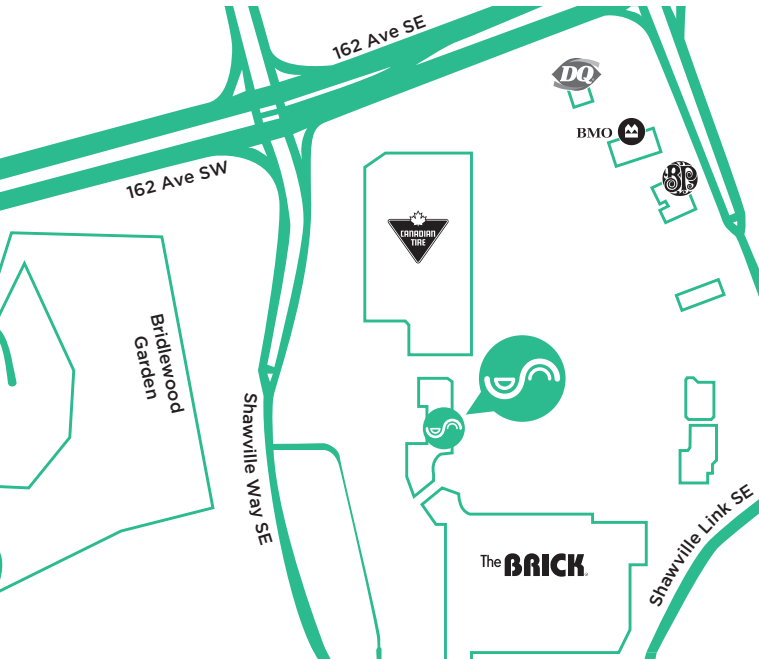


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Breakfast Quesadilla

by Jennifer Puri

Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.



Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter
- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!





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Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer

This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit

owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.



I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

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NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Spring is just around the corner!

We are now looking forward to our spring and summer season. Once skating is finished for the year and we have lost our ice, the park will switch to off-season hours. During the off-season, the park will be open from 9:00 am to 5:00 pm. Please check our website (www.midnaporelake.ca) for current park hours, ice conditions, and any operational limitations.

Easter Egg Hunt

Save the date – Saturday, April 19 – Annual Easter Egg Hunt/Bunny Hunt.

Tennis Lessons

Midnapore Lake will have tennis lessons in May/June for both children and adults. Watch Facebook, Instagram, and our website for information on how to register.

Instagram

Did you know we have an Instagram page? Have a look and follow our page.

Annual Fees

Please remember that your annual lake fees were due on January 1, 2025. 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.



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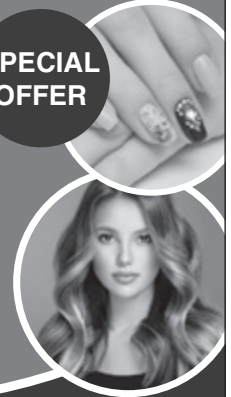
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Thank you to everyone who attended my town hall last month! It was great to see such a strong turnout and have honest conversations. Your input helps me represent our community effectively in Edmonton.

I'm also excited to join Ministers Schultz, Fir, Jones, and McIver for a joint Town Hall on the newly released budget. Join us on Tuesday, March 4, at 7:00 pm at the Delta (135 Southland Dr SE). I look forward to seeing you there!

Growing Alberta's Heritage Fund to \$250 Billion

I was honoured to be part of the Alberta government's announcement to grow the Alberta Heritage Savings Trust Fund to over \$250 billion by 2050. This plan ensures financial stability for future generations while reducing reliance on volatile resource revenues.

A world-class board and corporation will be established to oversee investments using strategies from top sovereign wealth funds. Strong governance will ensure independent decision-making, maximizing returns for Albertans. The Heritage Fund Opportunities Corporation will also enhance the fund's global profile, fostering key partnerships and investment opportunities.

This commitment secures a lasting financial legacy for Alberta's future.

\$15-a-Day Child Care for Families

Starting April 1, 2025, Alberta will introduce flat monthly parent fees for licensed childcare, ensuring affordability. Parents will pay \$326.25 per month for full-time care and \$230 for part-time, with the government covering about 80% of costs. This will save families an average of \$11,000 per child annually.

The Child Care Subsidy Program will be phased out, redirecting funds to affordability grants. About 85% of licensed providers will receive increased funding, creating a more sustainable system.

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

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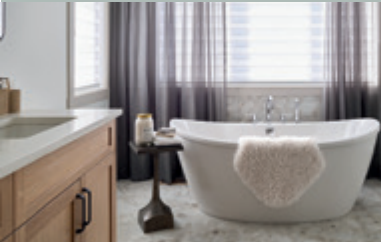
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10

New Properties



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6

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