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Treasurer	Jack Loktiev

Secretary	Karen MacDonald
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Directors at Large	Keith Pedersen
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Fundraising	Karen MacDonald
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Planning and Development	Erwin Gotthold
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Community Playgrounds	Erin Delamont midsunplayground@gmail.com
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Midnapore OOSC Program	Servicing Midnapore School 403-254-0288 midnaporeoosc@midsun.org
------------------------	--

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MLA for Calgary-Fish Creek	Myles McDougall calgary.fishcreek@assembly.ab.ca
----------------------------	---

Ward 14 Councillor	Peter Demong eaward14@calgary.ca
--------------------	--

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



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.

CANADIAN UNICORNS

Around 75% of the world's narwhal population calls the northern waters of Nunavut, Canada, home. These real-life "sea unicorns" thrive in our Arctic waters, especially in the summer months. How magical!



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

MIDNAPORE



SUNDANCE



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Mid-Sun Social Seniors

May greets us with outdoor weather, longer evenings, garden planning and planting, as well as the much-anticipated long weekend. During this month, Mid-Sun Seniors continue to offer an exciting social opportunity for area residents 55+. Our weekly Thursday card and games sessions frequently reach the room capacity of 36 in the afternoon time slot and numbers are increasing in the recently created morning time. Conversation is lively and the game play is enthusiastic. If you enjoy an accepting, fun-filled atmosphere, please join us. Morning spaces are available. No experience necessary, as we teach new games and play a variety of familiar games with no pressure. After an initial "check-us-out session", participants will be required to hold a MSCA membership.

Each week, card playing seniors are proud to support a local food bank. In the month of March, 133 items, totalling 130 lbs. and a cash amount were donated to the Calgary Veterans Food Bank, our current recipient. Thank you seniors and thank you to the dedicated volunteer who manages and transports our contributions.

Throughout the year, we engage in a variety of activities, which may include potlucks, informative presentations, and outings. In April, an interactive workshop was presented to a small group about the topic of dementia. Other events are scheduled on a regular basis. If you enjoy dining in good company, our group gathers at a local restaurant or pub each month. We welcome area seniors to join us. If you prefer bingo, our last two games for the spring session will be in May and June.

May Events

Cards and Games at MSCC

Thursday, May 1, 8, 15, 22, and 29, 10:00 am to noon or 1:30 to 3:30 pm

Bingo

Monday, May 12, 6:30 to 8:30 pm at MSCC

Registration and MSCA membership required.

Pub Nite

Wednesday, May 28, 5:00 to approximately 7:00 pm

Hong Kong Gardens - 70 Shawville Blvd.

We have reserved this space for our group. Each person is responsible for their own bill plus a standard large group 18% tip. If you plan to attend, please register at seniors@midsun.org.

For further information about events or registration or to be added to our information e-mails, please contact seniors@midsun.org or 403-254-8058.



Word of the Month

Filipendulous: *adjective* (fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

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MID-SUN SUMMER DAYCAMPS

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FAQ, Camp Policies, and
Camp Guide 2025 can all
be found on our website!

midsun.org/daycamps



MSCA
**JUNE
JAMBOREE**

**Saturday, June 7th
11:00 am - 2:00 pm**

Save the Date!



Quintuplet Success!



In the village of Corbeil, Ontario, the Dionne quintuplets were born on May 28, 1934, making history as the first known quintuplets to survive infancy.



Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: 4 to 6

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

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- 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

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SCAN THE QR CODE
FOR THE SOLUTION



Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



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MAY 6 | NATIONAL NURSE DAY
MAY 19 | VICTORIA DAY
MAY 20 | WORLD BEE DAY



MID-SUN 2025 HOUSING MARKET REVIEW

* January 1 - March 31, 2025

MIDNAPORE

DETACHED

High | \$970,000
Low | \$542,500
Avg. | \$679,235
#Sold | 9
Avg. days on mkt. | 42

ATTACHED

High | \$635,000
Low | \$467,500
Avg. | \$542,000
#Sold | 5
Avg. days on mkt. | 8

CONDO

High | \$350,000
Low | \$225,000
Avg. | \$305,643
#Sold | 7
Avg. days on mkt. | 32

SUNDANCE

DETACHED

High | \$1,750,000
Low | \$625,000
Avg. | \$875,000
#Sold | 17
Avg. days on mkt. | 33

ATTACHED

High | \$452,000
Low | \$440,000
Avg. | \$446,000
#Sold | 2
Avg. days on mkt. | 10

*Stats current as of
March 31, 2025 @ 11:59
pm. For more detailed
market sales
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NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Spring 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 spring and summer season.

AGM

Save the date. Our Annual General Meeting is tentatively scheduled for June 19, 2025. Details to follow.

Board of Directors - Nominations

The Midnapore Lake Residents 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, 2025. Details to follow.

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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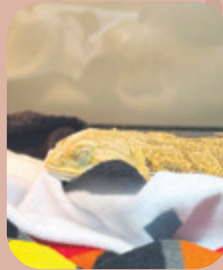
Kona, Woodlands



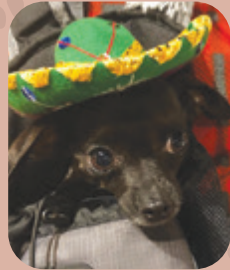
Marjory, Walden



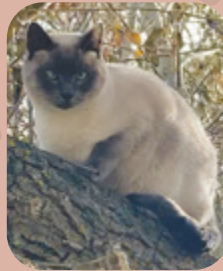
Mavis, Calgary



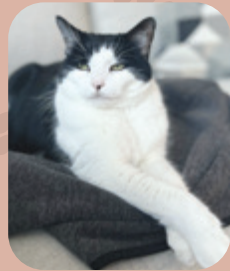
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Celebrating Calgary 150 - Sandstone City

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Why is today's downtown core located west of Fort Calgary? In the 1880s, Inglewood was growing in anticipation of the railway, but then Canadian Pacific Railway built its station where the Calgary Tower stands today. Much of the fledgling town picked up and moved.

Civic leaders then built bridges and ran the Stampede's forerunner, the 1886 International Seed Grain and Hay Exposition. The first General Hospital opened in a house, performing surgeries on the kitchen table.

Calgary's first buildings were constructed with wood, but 18 were destroyed in the Great Fire of 1886. Afterwards, town council mandated building with sandstone from the surrounding foothills.

Hence the nickname Sandstone City. See for yourself along Stephen Avenue National Historic Site. Imperial Bank helped make it Calgary's commercial core. The Alberta Hotel followed, and HBC built a department store in 1891.

Smallpox killed several people in 1892, sparking a riot when fearful residents attacked Chinese laundries, the purported source of the outbreak. Many thousands of Chinese had worked on the CPR and settled in Calgary.

An influx of Russian Germans fleeing persecution arrived in 1892 in Bridgeland-Riverside. Ukrainians and Italians followed. Nuns like Mary Greene established Sacred Heart Convent in 1885. Édouard Rouleau became head physician of Holy Cross Hospital.

The CPR took advantage of the Rocky Mountains' picturesque landscapes. Near Siding 29, Banff townsite emerged in 1883. The presence of hot springs led the government to create a national park in 1887. Opened one year later, Banff Springs Hotel is a modern-day castle, with another one built on Hornumunay ("little fishes' lake", aka Lake Louise).

The park's founding saw the exclusion of Indigenous people. They also faced Residential Schools that

isolated students from their culture and families under sometimes terrible conditions.

At today's Fish Creek Provincial Park, William Roper Hull built a two-storey Tudor Revival-style ranch house. Also, there was Shaw's family homestead and woollen mill. A store on Stephen Avenue sold their goods to many customers headed for the Yukon's Klondike Gold Rush.

Sandstone City was a beacon on the prairies, connected to the world via railway and offering opportunities to many.

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"Calgary, Alberta., 1884-11-08, (CU181590) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY55VV?WS=SearchResults>.



"Big fire on 9th Avenue SE, Calgary, Alberta., 1886-11-07, (CU1115356) by Ross, Alexander J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Big fire on 9th Avenue, Calgary, Alberta, between Centre Street and 1st Street SE. I.S. Freeze, J. Paterson, and Grand Central Hotel buildings in middleground. Contents of various buildings piled in foreground. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OT23D6?WS=SearchResults>.



"View of Alberta Hotel, Calgary, Alberta., 1893, (CU1151254) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Decorated for Dominion Day? <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F014Z6?WS=SearchResults>.



"Chinese section men on handcars, Canadian Pacific Railway., [ca. 1886], (CU1103679) by Boorne and May. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O2D94D?WS=SearchResults>.



"Bridgeland area, Calgary, Alberta., [ca. 1912-1915], (CU140825) by Unknown. Courtesy of Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF11WVC9?WS=SearchResults>.

Photo Gallery

by Stu Franklin



"Sacred Heart Convent, Calgary, Alberta., [ca. 1900-1905], (CU1156653) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FTRYQZ?WS=SearchResults>.



"First General Hospital in Calgary, Alberta., [ca. 1920], (CU1193643) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S14NLX>.



"Canadian Pacific Railway hotel, Banff, Alberta., 1888, (CU181509) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY1FOL?WS=SearchResults>.



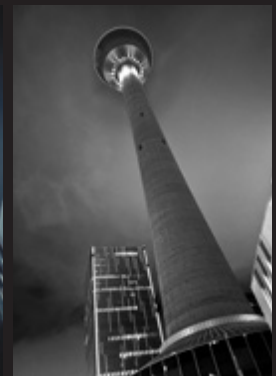
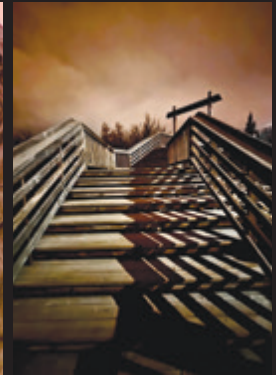
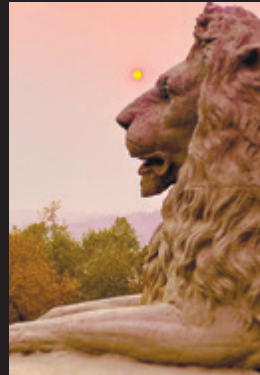
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Colorectal Cancer Screening Saves Lives

by Alberta Health Services

Colorectal cancer is one of the most common causes of cancer deaths in Alberta, often affecting people over 50 with no family history of the disease.

Colorectal cancer develops in the colon (large intestine) or rectum and can begin as growths called “polyps” on the inner wall of the colon or rectum. Not all polyps turn into cancer, but some types can with time. Early-stage colorectal cancer and polyps can exist for years, without symptoms.

Get screened regularly, especially if you are between 50 and 74-years-old. Screening looks for early signs of cancer in people who feel well and have no symptoms. With regular screening, colorectal cancer can be found early, and many types of polyps can be removed before they turn into cancer.

Screening Tests for Colorectal Cancer

The two main screening tests for colorectal cancer are Fecal Immunochemical Test (FIT) and colonoscopy. You and your healthcare provider can discuss which test is right for you.

Fecal Immunochemical Test (FIT)

FIT is the recommended screening test for people at average risk of getting colorectal cancer. Most people are at average risk. Average risk means those with no symptoms and no personal or family history of colorectal cancer.

FIT is an easy, at-home test that checks for hidden blood in your stool. You collect a small stool sample and take your completed FIT to the lab for testing. You should plan to do the FIT every year starting at age 50.

There are two easy ways to get your free FIT:

- Talk to your doctor about colorectal cancer screening. They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.
- Order online at screeningforlife.ca or call AHS Screening Programs toll-free at 1-866-727-3926. We'll mail you a FIT.

If your FIT result is normal, it means that no blood was found in your stool sample. You should continue to



screen with FIT regularly. If your FIT result is abnormal, it means that blood was found in your stool sample. This can happen for different reasons.

While most people with an abnormal result do not have cancer, your doctor or healthcare provider may recommend a colonoscopy to find the cause of the bleeding.

For every 100 colonoscopies after an abnormal FIT, two to three cases of colorectal cancer are detected. Early detection leads to a 90% treatment success rate, making regular screening essential.

Colonoscopy

Colonoscopy is the recommended test for people at an increased risk of getting colorectal cancer. You may be at increased risk if you or someone in your family such as a parent, sibling, or child had colorectal cancer in the past. Colonoscopy is also the recommended follow-up test after an abnormal FIT result.

A colonoscopy lets the doctor see the inside of your colon. This test is done using a colonoscope, which is a long, thin, flexible tube with a light and camera on the end.

Colorectal Cancer Signs and Symptoms

Never ignore new symptoms including blood in your stool, a change in your bowel habits, pain in your belly, or unexplained weight loss. See your doctor or healthcare provider if you develop these or any other symptoms you're worried about. These symptoms may not be caused by cancer, but speaking to your healthcare provider can help you know for sure.

Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.



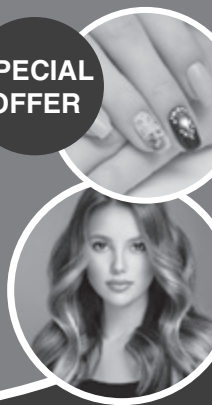
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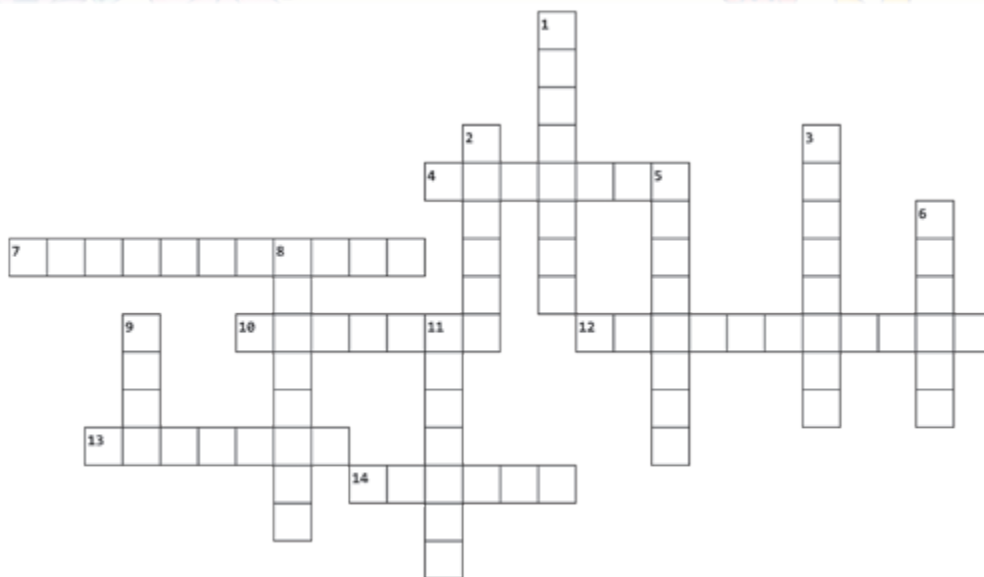


ENHANCING YOUR OUTDOOR LIVING SPACE



Watch our interview
with Bryan Baeumler

May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Children and The Common Cold

by Alberta Health Services

The common cold is a viral infection of the nose and throat. It is also known as an upper respiratory tract infection. There are over 200 different viruses that can cause colds. It is normal for children to have an average of six to eight colds per year. Having colds more often is not a sign of a weak immune system. Children develop their immune system by being exposed to many viruses over the years. As children get older, they get sick less often.

The 'flu' refers to a specific viral infection caused by the Influenza virus. This virus can make people quite sick, especially young children and older adults. People with the flu have more breathing difficulties and high fevers.

Some Key Facts About the Common Cold in Children

Children with a cold will usually have:

- Stuffy, runny nose
- Sneezing
- Cough
- Fever
- Sore throat
- Decreased appetite

Cold symptoms usually last for three to seven days. Often, symptoms like cough or runny nose, can linger for up to two to three weeks. Fevers usually happen on the first few days your child is sick. Fevers from a cold should get better within three to five days.

Some key points to remember about the common cold in children are:

- Colds are caused by many different viruses and are common in children
- Colds cause runny nose, sneezing, cough and fevers
- Colds get better on their own – keep your child comfortable and hydrated
- If your child has a fever for five days or is not getting better, they should be examined by their doctor

When Should My Child See a Doctor?

There is no medicine to treat a cold, or make it go away faster. Your child's body will take care of the virus. The best thing to do is to make your child feel comfortable while they are sick.



While most children will have mild symptoms and get better in a few days, consider having your child seen by a doctor if they are:

- Younger than three months
- Having trouble breast or bottle feeding because of their stuffy nose
- Having fevers for more than five days
- Having a runny nose that hasn't improved after ten days
- Complaining of ear pain or fluid draining from their ear

Call 9-1-1 anytime you think your child may need emergency care. Seek immediate medical attention if:

- Your child is having trouble breathing
- Your child's lips turn blue
- Your child is complaining of neck pain or stiffness
- Your child is lethargic (very sleepy)
- Your child is dehydrated (dry mouth, no tears, no pee)

Know Your Options

It can be scary when your child is sick. But in most cases, you don't need to go to the emergency department. If you're unsure, visit ahs.ca/options to learn about the options so you can get the care you need.

About AHS HEAL

The Alberta Health Services HEAL (Health Education and Learning) program was created by a team of doctors, nurses, and other clinical staff who work at the Alberta Children's Hospital and the Stollery Children's Hospital, to support families and patients with up-to-date and useful information about common childhood health concerns. Learn more at ahs.ca/heal.

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**Councillor, Ward 14
Peter Demong**

☎ 403-268-1653

✉ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Hello, Ward 14!

It's gonna be May! There will be May flowers following the April showers, and there will be the full online May version of this newsletter column. There will be information about a student video contest, YardSmart tips, and Calgary's new Zoning Bylaw. I will also write about Emergency Preparedness Week. I hope you will read about it.

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



**MLA Calgary - Fish Creek
Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✉ @MylesYYC | @MLAFishCreek

Happy Mother's Day to all the incredible moms, grandmas, and caregivers! Your love, strength, and wisdom inspire us every day. Thank you for being the heart of our families and communities! As spring arrives and the legislature heads into its final session of the year, I've had the chance to hear from many of you about your top concerns—affordability and economic uncertainty, especially with the U.S. becoming an increasingly unreliable trade partner.

At the time of my writing this article, the U.S. has upheld most of CUSMA, ensuring zero tariffs on key Canadian exports like energy, minerals, agriculture, and more. Diplomacy has proven to be the best tool for protecting our interests, and we must continue advocating for reduced tariffs while supporting affected workers.

Now is the time for Canada to break free from harmful policies that have left us overly dependent on the U.S. We must fast-track national resource corridors, empower provinces to develop their resources, and position our country as a global economic and energy leader.

Budget 2025 strengthens the Alberta Advantage by keeping taxes low. If Alberta had the same tax system as B.C., Albertans and businesses would pay \$20.1 billion more in taxes. Instead, thanks to this year's tax cuts, the average family will save \$750 more in income taxes while continuing to pay no provincial sales tax.

Alberta's legacy of low taxes and free enterprise remains strong—let's keep building a competitive, prosperous future.

I want to congratulate all the successful candidates in our recent federal election. Democracy is the foundation of our nation, and I look forward to the future we will build together.

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

In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It's crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we're believing

We're here to care, we're here to share
For that's what life's about
In loving kindness, hearts prepare
The Food Bank helping out

BUSINESS CLASSIFIEDS

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Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

RESIDENT PERSPECTIVES

Embracing May: A Season of Growth and Connection

by Chima Akuchie

With the arrival of May, Calgary bursts into life with longer days, warmer temperatures, and fresh opportunities to connect. It's a time for renewal—not just in nature but within our communities. Whether you're stepping outside to enjoy the city's parks, joining local initiatives, or simply spending quality time with loved ones, this month invites us all to embrace the season's energy.

Spring is the perfect reminder of the power of small actions. Supporting local businesses, volunteering, or lending a helping hand to neighbours can create a ripple effect of kindness. As the cost of living continues to challenge many, community support plays a vital role in ensuring no one feels left behind. Even simple gestures, like participating in a charity event or attending a neighbourhood cleanup, contribute to a stronger and more connected city.

Beyond acts of service, May is filled with opportunities for fun and discovery. From cultural celebrations to outdoor markets and live performances, there's no shortage of ways to engage. Exploring new events, trying different cuisines, or joining creative workshops can introduce fresh experiences while fostering a deeper connection to the city and those around us.

As the season blooms, so do new possibilities. May is an invitation to step outside your routine, meet new people, and take part in activities that enrich both personal and community life. Whether through attending events, picking up a new hobby, or simply appreciating the beauty of the changing season, every small moment of engagement adds to the collective spirit of the city.

Let's welcome May with open arms, embracing the opportunities it brings to grow, connect, and create lasting memories. Here's to a month filled with positivity and meaningful experiences!



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23

New Properties



13

Sold Properties



32

Average Days on Market



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Detached Home Stats - Last 45 Days



8

New Properties



3

Sold Properties



431

Average Days on Market



\$634,833

Median Sold Price

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