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Treasurer	Cindy Hart
Secretary	Karen MacDonald

MID-SUN DIRECTORS

Directors at Large	Patsy McNish
Fundraising	Karen MacDonald
Planning and Development	Erwin Gotthold
Community Garden	Wayne Hewitt garden@midsun.org
Community Playgrounds	Erin Delamont midsunplayground@gmail.com
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
MLA for Calgary-Fish Creek	Myles McDougall calgary.fishcreek@assembly.ab.ca
Ward 14 Councillor	Landon Johnston ward14@calgary.ca
MP for Calgary-Midnapore	Stephanie Kusie stephanie.kusie@parl.gc.ca



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 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.

Mid-Sun Community Centre



www.midsun.org

- 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

BRAIN GAMES

SUDOKU

6	5	8					7	
	7			5		8		
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						7	6	8

SCAN THE QR CODE
FOR THE SOLUTION



Mid-Sun Social Seniors' Group

Welcome to February, our shortest month of 2026. For many seniors, it is a time to hibernate with a book, a puzzle, a hobby, or a project. It may also be a time to reflect on New Year's resolutions, this year's goals and dreams or past enjoyable experiences. Mid-Sun Seniors' Group looks back on the Mid-Day Festive Dinner and Dance, held in December, and recalls the delicious, catered meal, the lively music, which set toes tapping and bodies moving and the superb organization of the MSCA staff, who ensured a successful, memorable event. We also thank Stephanie Kusie, Calgary-Midnapore Member of Parliament, who spent time at our final card day of 2025, chatting with individuals, during a low key, drop-in meet and greet.

Mid-Sun Seniors' Committee is currently formulating plans for upcoming spring events that we feel area seniors will enjoy. Stay tuned for more information. Meanwhile, we will continue to enjoy gathering with others to play cards and share our stories while visiting. Laughter abounds.

February Events

Weekly Cards and Games: Thursday, February 5, 12, 19, and 26 – MSCC.

10:00 am to 12:00 noon or 1:30 to 3:30 pm.

All seniors 55+ are welcome to join us weekly to socialize and participate in lively card and board games. No

experience necessary as we are excellent, no pressure teachers. Snacks, tea, and coffee provided. Your first visit is a "check us out" time. If you feel welcomed, interested, and comfortable, please choose to join the group. MSCA membership is required and available at the Community Centre. So many benefits for a small yearly fee.

Each week donation boxes are available for members who wish to participate by contributing a non-perishable food item or small cash amount that will help support the Veterans Food Bank or pet food and supplies to donate to AARCS animal rescue.

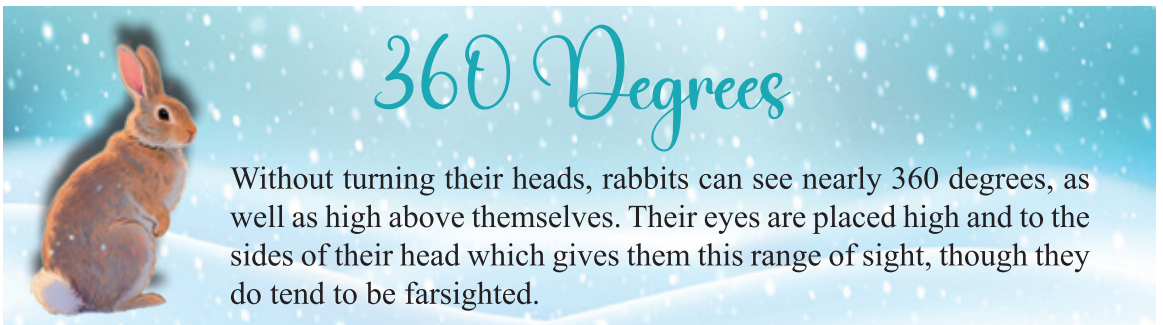
Pub Lunch: Wednesday, February 25 from 11:30 am to approximately 1:30 pm.

Please contact us for the location if you would like to attend: seniors@midsun.org.

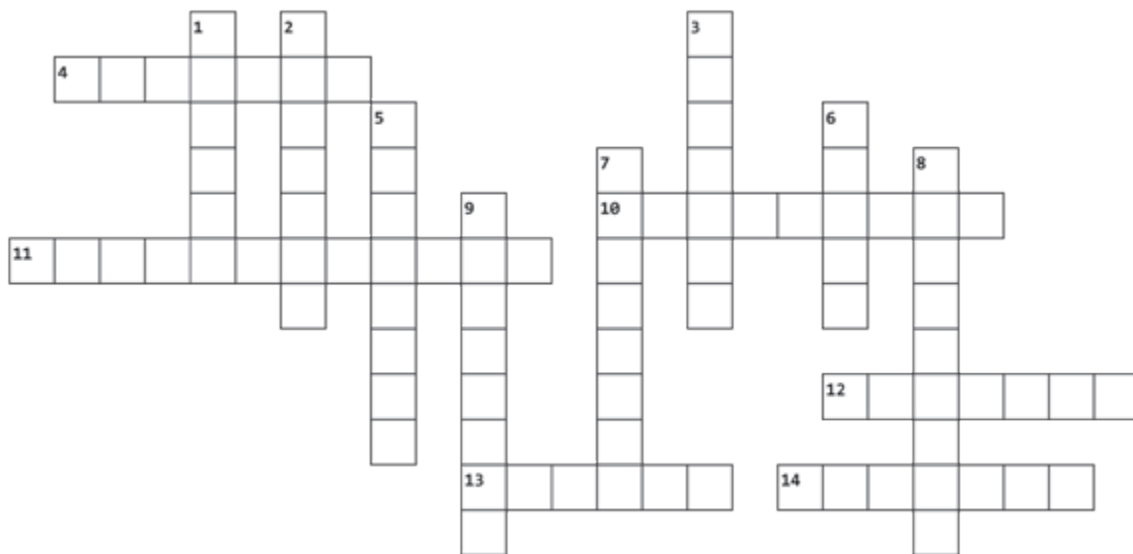
During the cold, dark, slippery months of winter, we switch from an evening gathering to a lunch gathering where we share a meal at a local venue. Each participant is responsible for their own transportation, bill, and tip (usually 18%).

For further information or questions about Mid-Sun Seniors', please visit the Community Centre, phone 403-254-8058, or email seniors@midsun.org.

Enjoy a happy Valentine's Day, Teacher's Convention with grandkids and Family Day weekend. Walk safely and be warm.



February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that



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12112	Fluoride Treatment	\$37.65	\$37.65

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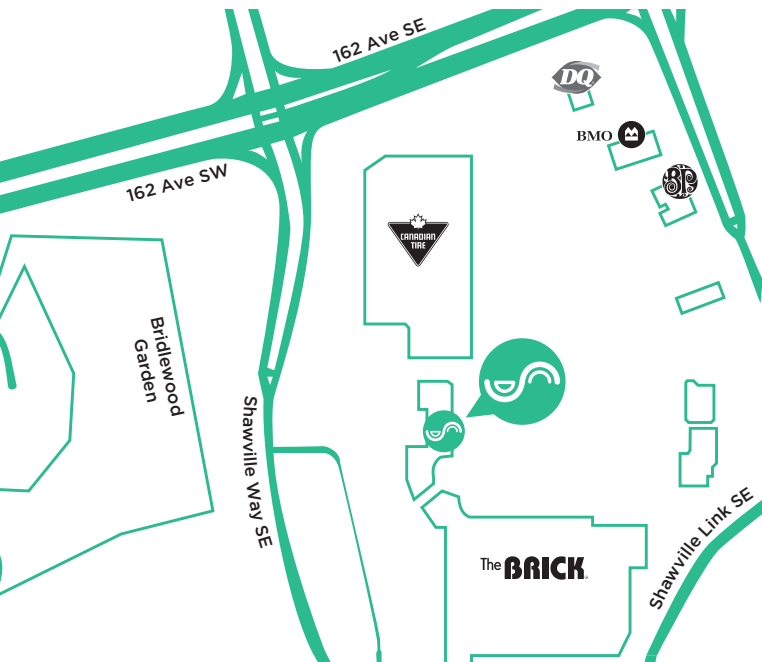


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NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Winter Has Arrived

Please keep your eye on our website, www.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!

2026 Invoicing

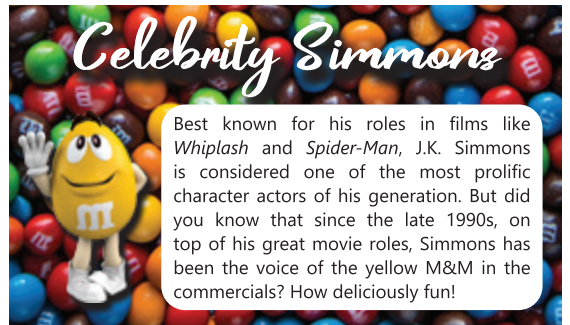
Please be advised that invoices for 2026 fees were generated on November 17, 2025. These invoices were due and payable before January 1, 2026.

2026 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 2027.

Any accounts with outstanding balances as of January 31, 2026, 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.



truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

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NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

Park Hours and Winter Activities

Current park and office hours, along with available amenities are available on our website. For additional park status updates and seasonal information, follow us on Facebook and Instagram.

Ice Safety

Lake staff will continue to monitor ice conditions throughout the winter. Please remember, ice thickness can vary across the lake and may not be safe in all areas, even if it appears solid. Water depth, snow cover, and fluctuating temperatures can weaken ice.

If you notice unusual conditions such as cracks, holes, wet spots, or steam, please stay clear of the area and contact lake staff immediately.

Electronic Billing and Newsletters

Not receiving our email newsletters or annual invoice? Sign up under the "Forms" tab on our website, or email your name, address, and email to office@lakesundance.org to stay informed.

Upcoming Events

Annual Perch Fishing Derby – Saturday, February 7, 2026

This event is weather and ice condition dependent. For updates, event details, or possible changes please visit www.lakesundance.org or follow us on Instagram and Facebook.

Volunteers Needed for Events

Our Special Event Committee is working hard to bring some new, exciting events to the lake. To make these events a success, we rely on the support of dedicated volunteers. If you or a family member can spare a little time to help, we'd love to have you involved. Please email office@lakesundance.org to learn more or to sign up.

Stay Connected

Follow us on Instagram and Facebook

Visit our website for updates: www.lakesundance.org



YOUR CITY OF CALGARY

Winter Tips to Keep Our Rivers Healthy

by *The City of Calgary*

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



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📘 MylesMcDougallYYC | 📺 MylesYYC

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 planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall 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.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

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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Detached Home Stats - Last 45 Days



2

New Properties



1

Sold Properties



40

Average Days on Market



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Median Sold Price