

NOVEMBER 2026

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Mid-Sun

messages

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Red Deer Lake United Church

Join us at 10:30 am every Sunday – onsite or online (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together. We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

UPCOMING EVENTS

NOVEMBER

- November 1 – No service at Red Deer Lake, join us at the McDougall site
- November 4, 10:00 am – Coffee with the Minister
- November 5, 7:00 pm – Sound & Soul
- November 14, 9:00 am – Men's Breakfast Fellowship Gathering
- November 14, 10:00 am – Country Market & Café
- November 21, 2:00 pm – OTE Concert
- November 22, 10:30 am – Advent 1 Begins
- November 28, 5:00 pm – Country-Style Turkey Supper

DECEMBER

- December 3, 7:00 pm – Sound & Soul
- December 9, 10:00 am – Coffee with the Minister
- December 13 – Lights in the Link Workshop, following the service
- December 20 – It's a Wonderful Life Radio Show, replaces the service
- December 22 and 23, 5:00-8:00 pm – Lights in the Link
- December 24 – Christmas Eve Services
 - 1pm – Family Service
 - 7pm – Traditional Service
 - 10pm – Candlelight Service
- December 27 – No service at Red Deer Lake, join us at the McDougall site

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at reddeerlakeuc.com/concerts

COUNTRY MARKET AND CAFÉ – NOVEMBER 14, 10 AM – 4 PM

In addition to our great crafts/beautiful handwork, homemade goodies and gift baskets, we are adding more outside vendors to the market. The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. Interested in renting a table? Visit us at www.reddeerlakeuc.com/fundraisers to learn more.

RENTALS

Meadow Green Wedding and Events Centre is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church - perfect for weddings, workshops, performances, art shows, and more. Visit us at www.meadowgreenevents.ca or contact the office (403) 256-3181 to book your tour today!

Stay connected, explore all upcoming events and sign up for our weekly newsletter at www.reddeerlakeuc.com

*Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.



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MID-SUN EXECUTIVES

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Vice President	Vacant
Treasurer	Cindy Hart
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MID-SUN DIRECTORS

Directors at Large	Cathy Sixx
Fundraising	Karen MacDonald
Planning and Development	Erwin Gotthold
Community Garden	Wayne Hewitt garden@midsun.org
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	Patsy McNish
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

CHURCHES

Sunwest Christian Fellowship
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St. Paul's Anglican Church
Fish Creek 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
McKenzie Towne Church Midnapore



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



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Mid-Sun Social Seniors' Card Group

November is a month to settle at home for the winter. The Grey Cup and the final season at the Saddledome draw us together. Many men take the opportunity to grow beards or mustaches supporting charities focussed upon men's health. History buffs know that the Canadian Transcontinental Railroad was completed in BC on November 7, 1885. Night owls enjoy meteor showers peaking on November 4, 17, and 18, followed by the Beaver Moon on November 20. For most, we indulge in baking, warm soup, and indoor activities with family and friends. Mid-Sun Seniors continue to socialize with cards and games, gather for a meal, attend information workshops and participate in Bingo. We cherish those we know and enjoy meeting new friends. If you are a senior 55 plus, who is wishing to expand your activities, please contact us.

November Activities

Weekly Card and Games

Thursday, November 5, 12, 19, 26 at the Mid-Sun Community Centre from 10:00 am to noon or 1:30 to 3:30 pm.

Food Bank Donations: Thursday, November 5, 12, 19, and 26

Every Thursday, Mid-Sun Seniors provide bins for non-perishable food items or cash donations for the Calgary Veterans Food Bank. There is no obligation to participate. We also collect pet toys, food, treats, towels and other items to donate to AARCS animal rescue.

Free Informative Seniors Workshops: Mid-Sun Community Centre

Wednesday, November 4 | Dementia and Memory Care from 10:00 to 11:00 am.

Wednesday, November 18 | Caregiver Support and Family Support 10:00 to 11:00 am.

These interactive sessions are open to seniors 55 plus and will be led by a registered nurse.

Pub Night

Tuesday, November 24 | Join us at a local venue from 5:00 to 7:00 pm.

Each person is responsible for the cost of their meal, GST, tip, and transportation. We provide a friendly, welcoming space to relax and visit.

Bingo

Monday, November 30 | Mid-Sun Community Centre from 6:30 to 8:30 pm.

Our caller will lead 10 games, each with a cash prize. Cards are purchased for \$5 per pack of 10 (one for each game), maximum 5 packages. Coffee, tea, and daubers are provided. A small cash concession with chocolate bars, water, cookies and chips will be available.

Registration is required for Bingo, Pub Night and workshops.

Upcoming Events

Please mark these dates on your calendar and watch for further information and registration details.

Tuesday, December 15 | Christmas Dinner from 12:00 to 2:30 pm at MSCC (gym).

Wednesday, December 2 | Emergency Preparedness Workshop 10:00 to 11:00 am at MSCC.

Wednesday, December 16 | Senior Mental Health and Isolation Workshop from 10:00 to 11:00 am.

For registration information, questions, or to learn more about our group, please call 403-254-8058, email seniors@midsun.org or visit the MSCC office in person. We look forward to meeting you.



SENIOR'S (55+)

Mid-Day Holiday Dinner & Dance

TUESDAY, DECEMBER 15TH

12:00 PM - 2:30 PM

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BY PHONE @ 10:00 AM (403-254-8058)**



NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Invoicing | Important!

2027 invoices will be distributed by email. If you have not provided the office with your email address, or if you think you may have an old email address on file, please contact us at 403-256-0550 and we will update your account.

Please ensure that you check your email before the first of December to access your invoice.

If you have any questions or have not received your invoice by the middle of December, please call the office at 403-256-0550.

Please note that invoices are due by January 1 of each year. Not receiving your invoice is not a valid reason for non-payment. Fees for 2027 will be increasing by 3% to cover operating expenses. Fees for 2027 will be \$323.00 + \$16.15 (GST) = \$339.15. For your convenience, we recommend payment by e-transfer. We will be charging a fee for lake fee payments by credit card. We do not accept credit card payments over the phone and do not accept cash.

New Technology

Midnapore Lake is excited to have launched a new app. This app will allow you to carry a digital card rather than a hard card, it will allow you to check guests in on your phone and eventually allow you to view your account and pay your bill.

Please contact the office at 403-256-0550 to arrange to have the app installed on your phone.

Park Hours

Please check the website for up-to-date park hours. As we move into fall, the park will close earlier in the evening, matching sunset. Park hours will be extended once we open for the winter season.

Looking Forward

December 1, 2026	Turn on Christmas Lights
December 2026	Skate with Santa (date TBD)
January/February 2027	Skating Lessons

Message from the President

Thanks to everyone who came out for our Pumpkin Hunt last month—it was such a blast, and we loved seeing so many families enjoying the event! The costumes were amazing.

A quick note: As mentioned above, lake fees for the coming year have gone up by 3%. This small increase helps us keep up with rising costs and makes sure we can continue to take care of the lake for years to come. The board has determined that aligning with inflation is a preferable approach to delaying and having larger increases down the road.

We're also trying out something new, a digital membership card you can keep right on your phone! If you're someone who tends to misplace your lake card, you might be the perfect person to test it out. Let us know if you're interested!

As we head into shoulder season, please remember that our hours are a bit shorter. If Mother Nature cooperates, we're hoping to have ice on the lake by mid to late December. Fingers crossed!

See you at the lake,

Jen Hawkins

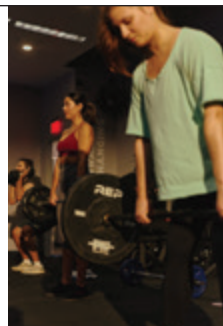
president@midnaporelake.ca

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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NOVEMBER MID-SUN 2026 HOUSING MARKET REVIEW



MIDNAPORE

DETACHED

High | \$1,950,000
Low | \$477,500
Avg. | \$723,165
#Sold | 40
Avg. days on mkt. | 23

ATTACHED

High | \$1,162,500
Low | \$425,000
Avg. | \$549,637
#Sold | 23
Avg. days on mkt. | 33

CONDO

High | \$320,000
Low | \$185,000
Avg. | \$254,645
#Sold | 17
Avg. days on mkt. | 41

SUNDANCE

DETACHED

High | \$2,202,371
Low | \$492,500
Avg. | \$762,174
#Sold | 84
Avg. days on mkt. | 22

ATTACHED

High | \$665,000
Low | \$481,000
Avg. | \$553,817
#Sold | 6
Avg. days on mkt. | 19

**Current stats as of
January 1, 2026 -
September 28, 2026.
(For more detailed
market sales
information, please
contact Team Palmer)*

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02144	4 X-Ray Bite Wings	\$110.10	\$110.10
11113	3 Units Scaling	\$261.75	\$261.75
11101	Polishing	\$77.75	\$77.75
12112	Fluoride Treatment	\$37.65	\$37.65

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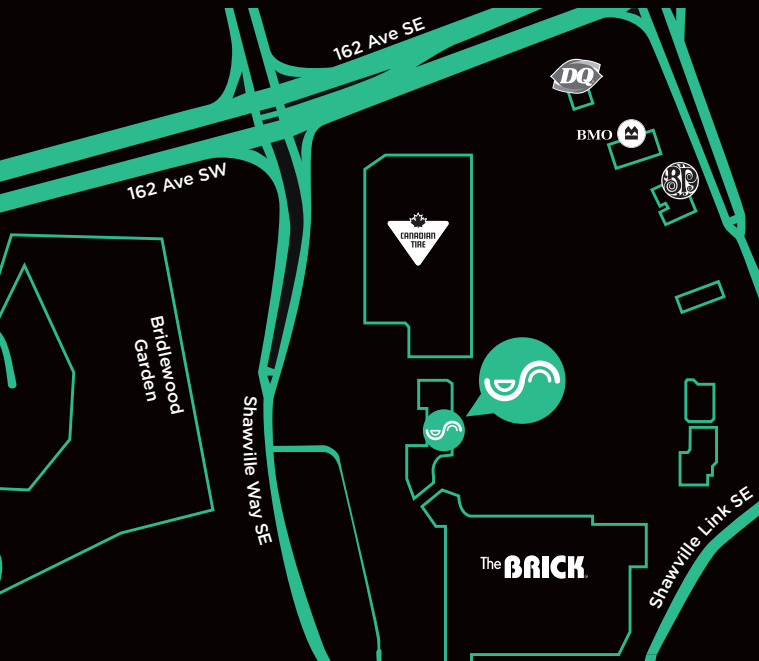


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For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$390.00 and three demerit points.
- Do not follow within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

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SUNDANCE LAKE RESIDENTS ASSOCIATION

Park Hours and Winter Amenities

As of November 1, adjusted park hours are in effect: 9:00 am to 4:30 pm.

These hours will remain in effect until the top skating rink opens for the season.

Indoor amenities such as ping pong, foosball, and giant Connect Four remain available, while outdoor amenities including tennis and pickleball courts, and tobogganing will be available weather permitting.

2026 AGM – November 4, 2026

The Sundance Lake Residents Association Annual General Meeting (AGM) will be held in the banquet room on:

Wednesday, November 4, 2026, at 7:00 pm.

We encourage all members to attend and stay informed about the business and governance of the Association. Additional AGM information and meeting materials can be found on our website: www.lakesundance.org.

Lake Ice Safety

As temperatures drop, ice will begin forming on the lake. Please watch for “Danger – Thin Ice” signs throughout the park. Lake Staff will be closely monitoring the ice thickness and its condition throughout the winter. The ice will open once management determines that the ice is safe, and the “Danger – Thin Ice” signs have been removed. Until then please do not go on the ice sheet.

Summer Highlights

As we move into the colder months, Sundance Lake Residents Association would like to thank all residents

for an amazing summer. We were proud to host a variety of events that brought our community together.

- Community Favourite—Stampede Breakfast
- Fall Festival
- Movie in the Park

Thank you to all the volunteers that helped make these events a huge success.

Upcoming Events

- Annual General Meeting | Wednesday, November 4, at 7:00 pm.
- Family Holiday Party | Date TBD.
- New Year’s Eve Fireworks | Tuesday, December 31, at 9:00 pm.

For updates or event changes please visit www.lakesundance.org or follow our Instagram and Facebook.

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For further information please visit our website or contact the office at 403-256-4728.

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- Not receiving our email newsletter? Sign up under the “Forms” tab on our website to stay informed.

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MIDNAPORE



SUNDANCE



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The Battalion Numbers: Calgary's Stone Memorials to the First World War

In November we take time to honor the military members who have served and sacrificed in the line of duty.

If you have driven on thoroughfares near Signal Hill you have probably spotted the Battalion Numbers, a designated historic site overlooking Richmond Road. The Battalion Numbers are a series of white-painted fieldstones arranged in the formation of the numbers 113, 51, 151 and 137.



World War I had a profound social and cultural impact on Calgary. The Battalion Numbers are associated with the training of more than 45,000 Canadian Expeditionary Force personnel at Sarcee Camp, established when the Canadian militia leased a nearby parcel of land from the Tsuu T'ina Nation.

To mark the training, battalion numbers were written on the nearby hillside with whitewashed stone, representing Edmonton's 51st Infantry Battalion, Lethbridge's 113th Highlanders, Calgary's 137th Infantry Battalion, and the 151st from Central Alberta.

The painted rocks belonged to a British military custom of creating rock art to commemorate regimental units, often set up by the regiments themselves in a form of spirited competition. In a more unique local expression of this custom, battalions also laid out their unit numbers in massive stone formations along the ridges north and west of the camp before they embarked for service overseas.

The outlines were first plotted out by military engineers, then filled in by fatigue parties who gathered thousands of fieldstones from the surrounding area and laboriously placed them into the hillside.

These are the only stone monuments of their type known to remain in Alberta. Over the past century, various military and paramilitary organizations in Calgary have continued the tradition of whitewashing or painting the numbers as an act of remembrance.

Learn more on the Inventory of Evaluated Historic Resources: heritagecalgary.ca/explore-inventory.



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K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

DENTAL CARE THAT'S AFFORDABLE, ACCESSIBLE & ESSENTIAL: Easy drive or transit from your home or work. Simply, let's make your teeth look good, feel good, and last long with no pain! No fluff no frills. All dental plans accepted, direct billing, OAC. Call today at 403-272-7272 or 403-287-6453, or visit calgarydentalcenters.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

EXTERIOR SOLUTIONS: Siding, Soffit/Fascia, Eavestrough, and Roofing. Whether you are remodeling, upgrading, or recovering from weather-related damages, we are here to help. With 30+ years' experience, we can make your renovation something you will enjoy for years to come. Please call or text Kevin at 403-804-5366.

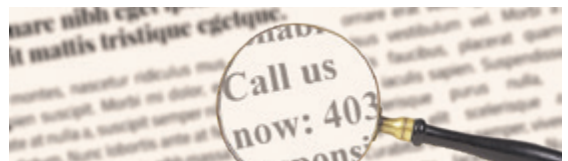
EXPRESS APPLIANCE REPAIR: We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

PAINTER SERVICING MIDNAPORE/SUNDANCE: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

FIND YOUR JOY IN LIFE AGAIN! Riverstone Counselling Centre provides personalized, compassionate, confidential therapy with registered psychologists. Trauma, anxiety, depression, relationship concerns, couples counselling, ADHD/ EMDR therapy, CBT, DBT, ACT therapies and more. Direct billing available. Located in Midnapore, Midpark Way SE and Okotoks. Free discovery call. 403-463-2152. www.riverstonecounsellingcentre.ca.

ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/ models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.





MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

As the Fall Session begins in the Legislative Assembly, my time in Edmonton has given me an opportunity to reflect on the wonderful community in Calgary, Fish Creek. I look forward to returning to the constituency during the week of November 9 through the 13 for Constituency Week and reconnecting with residents. In particular, I hope to spend time meeting with seniors and visiting as many seniors' residences and care facilities as possible.

Remembrance Day is a time for Canadians to come together in gratitude and reflection. We honor the courage, sacrifice, and service of our veterans, Canadian Armed Forces members, and military families who have helped protect the freedoms we enjoy today. As we wear the poppy and observe a moment of silence on November 11, we remember those who gave so much in service to our country and reaffirm our commitment to peace, respect, and remembrance.

November is also Men's Mental Health Awareness Month, an important opportunity to raise awareness and encourage meaningful conversations about mental health. I would like to share several confidential resources available to those who may be struggling or seeking support. The Suicide Crisis Helpline is available 24 hours a day, seven days a week by calling or texting 9-8-8. Men& is another valuable resource, it is a Canadian based organization that provides counselling, programs, and support to men of all ages across the country. More information can be found at menand.ca.

As always, please do not hesitate to contact my constituency office to arrange a meeting or discuss any questions, concerns, or ideas you may have.



Councillor, Ward 14

Landon Johnston

✉ ward14@calgary.ca

☎ 403-268-2430

📘 @LandonForWard14

📷 @Ward14LandonJohnston

We're excited to announce that the new Ward 14 website is now live!

Visit Ward14YYC.ca to stay connected, informed, and involved in your community. The site features a calendar of upcoming events across Ward 14, opportunities to share your input on upcoming Council motions, and interactive polls and surveys to help shape local priorities.

Residents can also report community concerns that may require follow-up after a 311 submission, stay up to date on community achievements and local wins, and access helpful information and resources all in one place.

One of my priorities as your Councillor is making it easier for residents to stay informed and have their voices heard. This website is a new way for us to connect, share updates, gather feedback, and celebrate the great things happening across Ward 14.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca



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Little Sundance Child Care Centre

What We Offer

Family focused childcare located in the heart of Lake Sundance

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About Us

We are a registered not-for-profit charitable organization with the Canadian Accreditation Council.

We offer various outreach, early intervention, family resource centres, youth support, in-home family support, and referral services for families and children.

Family support teams work with young families and their children in their own homes, schools, and communities.

Spots are available!

We have an open door policy, so please stop in anytime to view the centre.



Metis Calgary Family Services

☎ 403-240-4642 ext. 224

✉ mail@mcfs.ca

🌐 www.mcfs.ca

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29

New Properties



16

Sold Properties



18

Average Days on Market



\$850,569

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9

New Properties



4

Sold Properties



11

Average Days on Market



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