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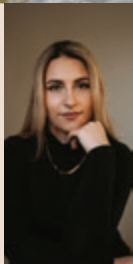


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## MID-SUN EXECUTIVES

|                |                                                                                       |
|----------------|---------------------------------------------------------------------------------------|
| President      | Pam Baji<br><a href="mailto:president@midsun.org">president@midsun.org</a>            |
| Vice President | Devin Elkin<br><a href="mailto:vicepresident@midsun.org">vicepresident@midsun.org</a> |
| 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<br><a href="mailto:garden@midsun.org">garden@midsun.org</a>                         |
| Community Seniors Programs | Joan Trotz and<br>Darleen Hornaday<br><a href="mailto:seniors@midsun.org">seniors@midsun.org</a> |

## CONTACTS

|                            |                                                                                                                               |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Mid-Sun OOSC Program       | Servicing St. Theresa of Calcutta<br>School<br>403-256-4422<br><a href="mailto:childcare@midsun.org">childcare@midsun.org</a> |
| Midnapore OOSC Program     | Servicing Midnapore School<br>403-254-0288<br><a href="mailto:midnaporeoosc@midsun.org">midnaporeoosc@midsun.org</a>          |
| Past President             | Patsy McNish                                                                                                                  |
| MLA for Calgary-Fish Creek | Myles McDougall<br><a href="mailto:calgary.fishcreek@assembly.ab.ca">calgary.fishcreek@assembly.ab.ca</a>                     |
| Ward 14 Councillor         | Landon Johnston<br><a href="mailto:ward14@calgary.ca">ward14@calgary.ca</a>                                                   |
| MP for Calgary-Midnapore   | Stephanie Kusie<br><a href="mailto:stephanie.kusie@parl.gc.ca">stephanie.kusie@parl.gc.ca</a>                                 |

## Monday Night Argentine Tango Open House Free Dance Night

What level am I? Come for 2 hours of free Tango lessons, learn about our classes, then try out 4 Beginner to Advanced lessons!

Monday September 7, 2026  
Level 1 - 7:30, Level 2 - 7:30-8:00  
Level 3 - 8:00-8:30, Level 4 - 8:30-9:00  
Scarboro Community Hall, 1737 - 14 Ave SW

[www.besodetango.com](http://www.besodetango.com)



## CHURCHES

Sunwest Christian Fellowship  
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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](mailto:info@midsun.org).

## Mid-Sun Social Seniors' Card Group

Welcome to September!

If you are a senior (55+) looking for new experiences and an opportunity to meet interesting people, please come and try the Mid-Sun Social Seniors' Card Group. We gather at the Mid-Sun Community Centre every Thursday to play cards and games, offering two sessions: 10:00 am to noon and 1:30 to 3:30 pm.

Currently, Canasta, Euchre, Jokers Wild, and Five Crowns are popular choices. We are always open to learning new games or returning to old favourites like Hearts and Cribbage. No experience is necessary, as our members are patient, no-pressure teachers. Coffee, tea, and snacks are provided by the MSCA and the kindness of members who love to bake. After your first visit, we ask that you purchase a Mid-Sun Community Association membership (details available at the MSCA office).

In addition to weekly cards and games, our group enjoys monthly Pub Nights at local restaurants, informational speakers, monthly Bingo, potluck gatherings, and seasonal events.

## September Activities

### Weekly Cards and Games

Thursday, September 3: No cards and games (transitioning back to Mid-Sun).

Thursday, September 10, 17, and 24: Weekly sessions resume at Mid-Sun Community Centre (10:00 am to noon or 1:30 to 3:30 pm).

### Pub Night

Tuesday, September 22 (5:00 to 7:00 pm): Attendees are responsible for the cost of their own meal, GST, tip, and transportation. Please contact seniors@midSun.org for details.

If you are interested in trying out a session, need further information, or have any questions, please contact the MSCA office in person, call 403-254-8058, visit the seniors' section on the Mid-Sun website, or email us at seniors@midSun.org.

We look forward to meeting you!

## Annual General Meeting Notice

Our AGM will be held at the Community Centre (50 Midpark Rise) on Wednesday, October 14, at 7:00 pm. If you would like to attend, please visit our website for registration details. If you are wanting to cast a vote at the meeting, please ensure you have a current 2026 Mid-Sun membership.

**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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# NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

## 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.

## Back to School

We hope that everyone had an amazing summer. As we move into fall, we would like to remind everyone of some of our fishing rules:

- Fishing privileges are restricted to three (3) guests per member. Members must actively be fishing with their guests. Guests are not permitted to take or remove fish from the property.
- Fishing after sunset is not permitted and all fishermen must check out at the front office 15 minutes before closing.

As always, please make sure you have read the lake's rules and regulations.

## Looking Forward

|                       |                                                            |
|-----------------------|------------------------------------------------------------|
| October 24, 2026      | Annual Pumpkin Hunt<br>(Pre-registration will be required) |
| December 2026         | Skate with Santa (Date TBD)                                |
| January/February 2027 | Skating Lessons                                            |

## Message From the President

As September arrives, there's a hint of autumn in the air, but we're fortunate to often enjoy another month of warm weather here at the lake. This summer certainly delivered, with plenty of hot, sunny days that kept the beach and water busy. Thanks to our well, we were able to maintain satisfactory water levels throughout the season, ensuring members could continue to enjoy all the lake has to offer. We were also pleased to add new two-person kayaks to our fleet this summer, giving families and friends another great way to get out on the water together.

A heartfelt thank you to everyone who joined us for Movie on the Beach. It continues to be one of our favourite community events, and seeing the hill filled with members, families, and guests enjoying a summer evening together is what makes Midnapore Lake such a special place. We appreciate everyone who came out and helped make it another memorable night.

Before we officially give way to the shoulder season, there's still plenty of time to enjoy everything the lake has to offer. Challenge your family to a round on our disc golf course, shoot some hoops at the basketball court, or gather a few friends for a game of pickleball—September's cooler temperatures make it the perfect time to play. Looking for something a little more relaxed? Come fishing or pick up your favourite takeout and enjoy lunch or dinner at one of our picnic tables overlooking the lake. Better yet, start a healthy habit that will carry you into winter by walking a lap around the hill each day. I see members doing it all the time, and it's a wonderful reminder that the lake isn't just a summer destination—it's a place to enjoy year-round. The lake is for using, and we hope to see you making the most of these beautiful September days before autumn settles in.

See you at the lake,

*Jen Hawkins*

MRLA President

## 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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# FALL 2023 PROGRAMS



## Monday

|                                                                                                           |                   |
|-----------------------------------------------------------------------------------------------------------|-------------------|
| Strength, Mobility and Power Training with David #6912<br>Sep 14 - Nov 30 (9 Weeks)<br>9:30 am - 10:30 am | <b>(\$125.00)</b> |
| (Beginner) Line Dance with Julian [Step 1] #6927<br>Sep 21 - Nov 30 (10 Weeks)<br>10:30 am - 11:30 am     | <b>(\$135.00)</b> |
| Gentle Yoga with Terri #6908<br>Sep 21 - Nov 30 (10 Weeks)<br>11:00 am - 12:00 pm                         | <b>(\$135.00)</b> |
| 50+ Gentle Seated Yoga with Tanya (Monday) #6928<br>Sep 14 - Dec 7 (12 Weeks)<br>1:45 pm - 2:45 pm        | <b>(\$180.00)</b> |
| Axe Capoeira Children's Class (Ages 8-12) #6909<br>Sep 21 - Dec 14 (12 Weeks)<br>5:30 pm - 6:30 pm        | <b>(\$165.00)</b> |
| Axe Capoeira Youth & Adult Class (Ages 13+) #6910<br>Sep 21 - Dec 14 (12 Weeks)<br>6:30 pm - 7:30 pm      | <b>(\$165.00)</b> |

## Tuesday

|                                                                                                        |                   |
|--------------------------------------------------------------------------------------------------------|-------------------|
| (IART) Intermediate Watercolour Painting #6917<br>Oct 6 - Dec 8 (10 Weeks)<br>1:30 pm - 3:30 pm        | <b>(\$280.00)</b> |
| 50+ Gentle Seated Strength & Stretch (Tuesday) #6929<br>Sep 15 - Dec 1 (11 Weeks)<br>1:45 pm - 2:45 pm | <b>(\$165.00)</b> |
| Beginner Taekwondo Lessons (Ages 7-13) #6894<br>Sep 15 - Dec 1 (12 Weeks)<br>4:30 pm - 5:30 pm         | <b>(\$150.00)</b> |
| U5 & U-6 Mid-Sun Jr. Soccer Stars #6920<br>Sep 15 - Nov 17 (10 Weeks)<br>6:00 pm - 6:50 pm             | <b>(\$125.00)</b> |
| U7 - U8 Mid-Sun Sr. Soccer Stars #6921<br>Sep 15 - Nov 17 (10 Weeks)<br>6:00 pm - 6:50 pm              | <b>(\$135.00)</b> |

## Tuesday Cont.

|                                                                   |                   |
|-------------------------------------------------------------------|-------------------|
| Beginner Pickleball Lessons #6933<br>Sep 22 - Oct 13 (4 Weeks)    | <b>(\$105.00)</b> |
| Novice/Inter Pickleball Lessons #6934<br>Nov 3 - Nov 24 (4 Weeks) | <b>(\$105.00)</b> |
| 7:30 pm - 9:00 pm                                                 |                   |

## Wednesday

|                                                                                                       |                   |
|-------------------------------------------------------------------------------------------------------|-------------------|
| (Daytime Floor) Hatha Yoga with Tanya #6932<br>Sep 9 - Dec 2 (12 Weeks)<br>10:00 am - 11:00 am        | <b>(\$180.00)</b> |
| Novice/Inter Pickleball Lessons #6935<br>Sep 23 - Oct 14 (4 Weeks)                                    | <b>(\$105.00)</b> |
| Beginner Pickleball Lessons #6936<br>Nov 4 - Dec 2 (4 Weeks)                                          | <b>(\$105.00)</b> |
| 10:30 am - 12:00 pm                                                                                   |                   |
| (Novice) Line Dance with Julian [Step 2] #6918<br>Sep 23 - Dec 2 (10 Weeks)<br>12:30 pm - 1:30 pm     | <b>(\$135.00)</b> |
| 50+ Semi-Seated Wellness Wednesdays #6931<br>Sep 16 - Nov 25 (10 Weeks)<br>1:45 pm - 2:45 pm          | <b>(\$150.00)</b> |
| French Together (Parented Class for Ages 3-6) #6892<br>Sep 16 - Oct 21 (6 Weeks)<br>5:00 pm - 5:45 pm | <b>(\$115.00)</b> |
| French Together (Parented Class for Ages 3-6) #6893<br>Nov 4 - Dec 16 (6 Weeks)<br>5:00 pm - 5:45 pm  | <b>(\$115.00)</b> |

## Thursday

|                                                                                                         |                   |
|---------------------------------------------------------------------------------------------------------|-------------------|
| (Intermediate) Line Dance with Julian [Step 3] #6919<br>Sep 24 - Dec 3 (11 Weeks)<br>9:30 am - 11:00 am | <b>(\$165.00)</b> |
| (Evening) Hatha & Restore Yoga with Tanya #6930<br>Sep 10 - Dec 3 (11 Weeks)<br>5:30 pm - 6:30 pm       | <b>(\$165.00)</b> |

## Friday

|                                                                                          |                   |
|------------------------------------------------------------------------------------------|-------------------|
| 50+ Seniors Balance and Bones #6911<br>Sep 11 - Nov 27 (10 Weeks)<br>10:15 am - 11:15 am | <b>(\$135.00)</b> |
|------------------------------------------------------------------------------------------|-------------------|

Not all programs are listed on our Program Guide.  
Program details may be subject to change. Visit [midsun.org](http://midsun.org) for more info!



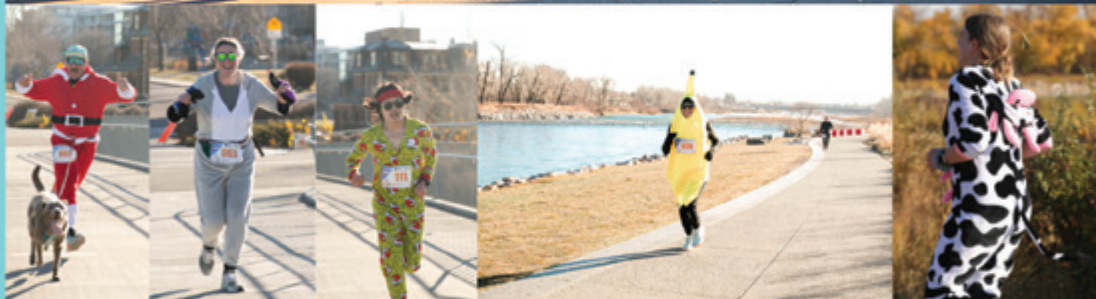
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# FRIENDS *of* Fish Creek

## **Making Your Calgary Garden More Drought Tolerant**

In partnership with the City of Calgary, we're expanding our Grow with Us program to include native plant plug giveaways starting this September. Thank you to the City and to our partner, the Alberta Native Plant Rescue Foundation (ANPRF), who this wouldn't be possible without. Read on to find out more about native plants, the ANPRF, and how you can sign up to get free native plant plugs.

### **Why Native Plants?**

Native plants are not only beautiful and great for native pollinators and all our other native wildlife—they're also highly drought tolerant. Since Alberta often has long stretches without much precipitation, and these plants evolved alongside its dry climate, they have ways of making it through long dry periods that other, non-native species don't have. A great example is long roots that can tap into water reserves deep below the ground's surface.

This means that once native plants are established, whether in their native grasslands or in your garden, they're extremely resilient. Perennial native plants can not only weather our hot and dry summer conditions; they make it through our winters to pop back up in spring to show off beautiful foliage and flowers each year. I'm sure many of the gardeners reading this have

lost a perennial or two (or more, with some of the particularly frosty winters we've had here) to the cold Southern Alberta climate. While native species aren't totally immune to the effects of the cold, their deep roots are often safe from the deep freeze, and you'll see them coming back strong in spring after some of our colder winters.

### **Looking For Free Native Plant Plugs?**

Sign up for our Grow with Us mailing list at [www.friendsoffishcreek.org/gwu](http://www.friendsoffishcreek.org/gwu). We'll email you letting you know when we're running giveaways and provide a registration link for each giveaway.

When you register for a giveaway, we'll ask you to complete a short survey about your experience with native plant gardening and why you're interested in getting free native plants. We'll be in touch later in the year with a follow-up survey.

Show up, grab your plugs, and get them into your garden! Once you've claimed your plugs, you'll need to wait until our next round of giveaways in 2027 to participate again. If you're interested in sourcing more plugs or mature plants than what were giving away, you can follow our partner, the Alberta Native Plant Rescue Foundation and sign up for their email list to go out to a plant rescue! Follow @albertanativeplantrescue on Instagram for more information.



*Sticky Purple Geranium (Geranium viscosissimum)*

## When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

### Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

### When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

# Broken Hearts and Broken Investment Portfolios

by Christopher Bungay, Divorce Lawyer



Divorce does not just break your heart. It also breaks up your investment portfolio. According to Alberta law, investments that were acquired during a marriage are defined as family-owned property. This means that, after most divorces in Alberta, each spouse is entitled to 50% of any investments that were purchased during the marriage. There are two important points to remember about this 50/50 splitting rule:

- It applies regardless of which spouse purchased the investments.
- It applies to the initial investment purchase, plus any growth in the investment that occurred during the marriage.

The following scenario of a fictional couple demonstrates how this works: The Johnsons were married in 1990. They did not live together until after the marriage started. Unfortunately, things did not work out, and they separated in May 2026. Shortly after their 1990 wedding, Mr. Johnson bought \$100,000 in shares in the popular fast food chain McDonald's. These shares were bought in his own personal name. His wife, Mrs. Johnson, was not listed as a shareholder. On the date when this couple separated, the McDonald's shares grew in value from \$100,000 to \$4 million dollars. In this scenario, as part of their divorce, Mrs. Johnson would be entitled to 50% (\$2 million) of the total \$4 million in McDonald's shares.

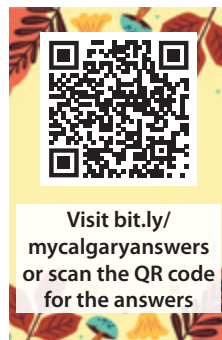
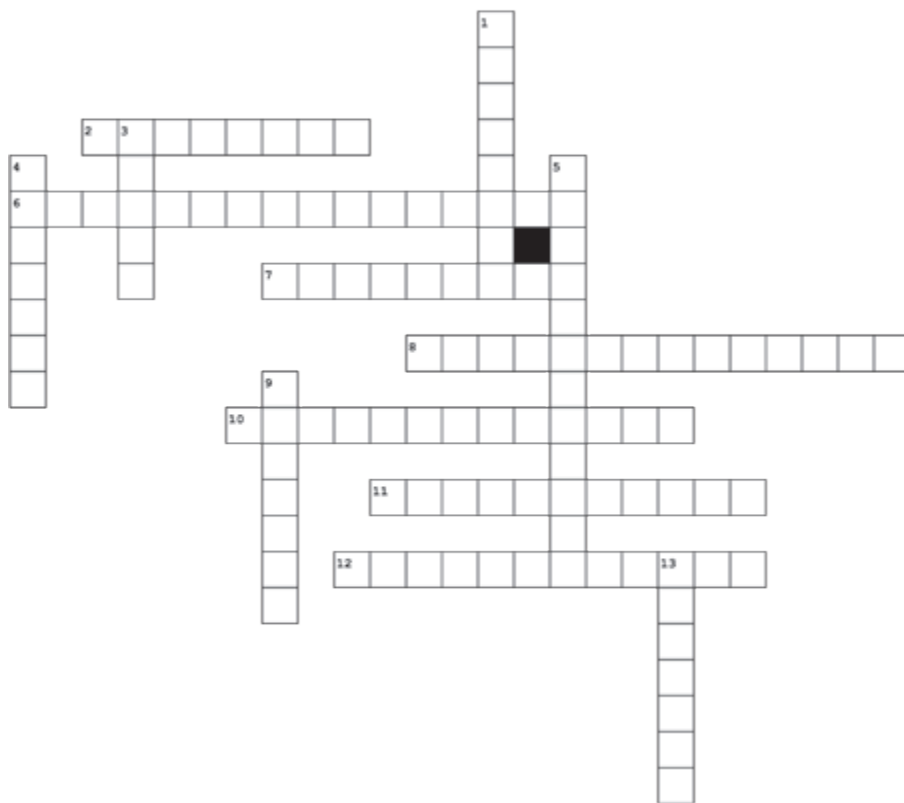
### 50/50 Applies to RRSP Investments

Even if Mr. Johnson had purchased the McDonald's shares within an RRSP, his wife would still be entitled to 50% of the value. While RRSPs protect your investments from being taxed while they grow over the years, RRSPs do not protect you from the consequences of divorce. If the \$4 million in McDonald's shares were held in Mr. Johnson's RRSP, he would likely be required to transfer \$2 million of these shares into Mrs. Johnson's RRSP account as part of the divorce proceedings.

### 50/50 Does Not Apply to Investments Before Marriage

The 50-50 split rule does not apply to investments made by one spouse before the relationship began. For example, let's say Mr. Johnson bought \$100,000 in McDonald's shares in 1989, the year before he married Mrs. Johnson. In this scenario, the original \$100,000 investment would belong exclusively to Mr. Johnson alone after the couple separated/divorced. However, Mrs. Johnson would still be permitted to share in any growth in value of the McDonald's shares which occurred after the day they were married. In other words, of the total \$4 million, Mr. Johnson would get \$4.1 million and Mrs. Johnson would get \$3.9 million to account for the initial \$100,000 investment made by Mr. Johnson before their marriage, which belongs exclusively to Mr. Johnson.

# September Crossword



## Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

## Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

## September's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a relatively new social trend that you appreciate.

Dear reader,

Social trends are ever-changing, and many are for the better. One shift in particular is near and dear to my heart: the increasing value our society places on pets.

From the moment I could speak, I began asking for a pet dog. Every single Christmas I placed "dog" at the top of my wish list. The significant pressure I put on both Santa and my parents was to no avail; my parents were not "dog people".

Over three decades later, that yearning for a four-legged, furry friend had never faded. In early 2020, my family began fostering dogs from a local shelter as a "test run" to see if we could handle the responsibility. We quickly realized we could. Each time a foster dog went to their forever home, I grieved their absence. The extra work felt worth it. We were ready.

When the world slowed down in the spring of 2020, a combination of isolation and extra time made the decision to officially adopt our own dog quite easy. We weren't alone; statistics showed that an unprecedented number of Canadians brought a pet into their homes during that time. It drastically accelerated a shift towards celebrating the creatures that provide us with companionship and unconditional love.

Today, society is becoming a friendlier place for pet owners. I've noticed the City of Calgary has become exceptionally welcoming to dogs. New communities are intentionally designed with dog parks, and many outdoor patios welcome our furry friends. We even have a cat café downtown and puppy yoga throughout the city.

Our pandemic puppy, Luna, is six years old this year. She was the piece our family didn't know we were missing until she arrived and made us feel complete. She was worth the wait.

Happy writing,

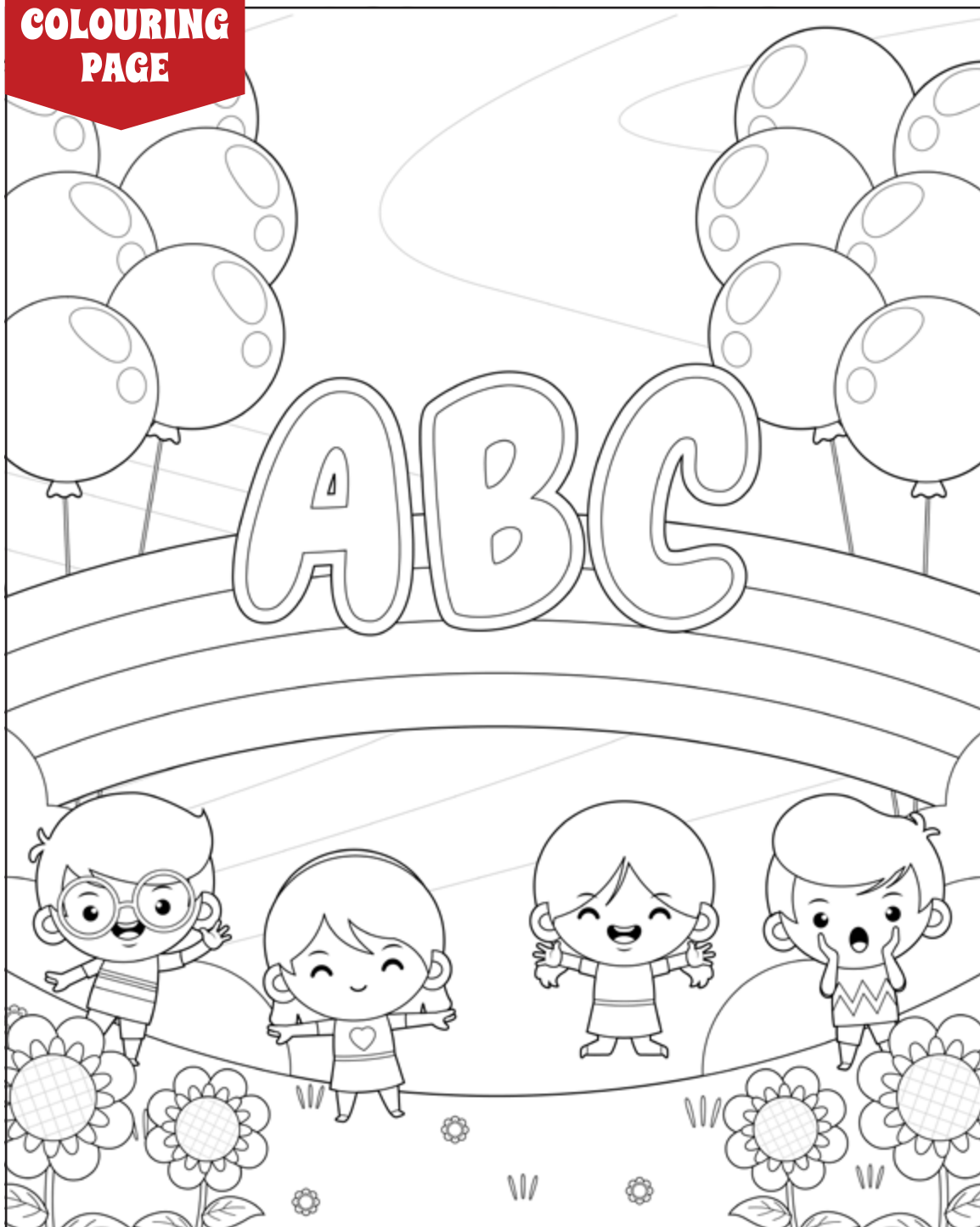
Michelle

*Write It Forward*



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.





# SEPTEMBER MID-SUN 2026 HOUSING MARKET REVIEW



## MIDNAPORE

### DETACHED

High | \$1,950,000  
Low | \$477,500  
Avg. | \$712,606  
#Sold | 34  
Avg. days on mkt. | 25

### ATTACHED

High | \$1,162,500  
Low | \$425,000  
Avg. | \$565,306  
#Sold | 16  
Avg. days on mkt. | 33

### CONDO

High | \$320,000  
Low | \$187,460  
Avg. | \$267,815  
#Sold | 11  
Avg. days on mkt. | 43

## SUNDANCE

### DETACHED

High | \$1,080,000  
Low | \$492,500  
Avg. | \$727,478  
#Sold | 63  
Avg. days on mkt. | 22

### ATTACHED

High | \$665,000  
Low | \$485,000  
Avg. | \$568,380  
#Sold | 5  
Avg. days on mkt. | 17

*\* Current stats as of January 1, 2026 - July 31, 2026. (For more detailed market sales information, please contact Team Palmer)*

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SEPTEMBER 1 | LABOUR DAY  
SEPTEMBER 15 | GREEN PEACE DAY  
SEPTEMBER 21 | MINI GOLF DAY



## NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

### Park Hours and Amenities

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.

### August Highlights

- Tennis and Pickleball Court Resurfacing

### New Flex Court

To better accommodate both tennis and pickleball players, we have converted the lower tennis court into a flex court by adding pickleball court lines. This multi-use court can now be used for both tennis and pickleball.

The addition of the flex court increases the number of pickleball courts available while allowing the upper two courts to remain dedicated to tennis. This change provides more playing opportunities for pickleball enthusiasts while preserving dedicated tennis courts for our tennis community.

### Movie in the Park—Friday, September 11, at 8:00 pm, Movie: TBD

Bring a warm blanket, snacks, and bug spray to enjoy the show from the large toboggan hill. This event is weather dependent, for updates or event changes

please visit [www.lakesundance.org](http://www.lakesundance.org) or follow our Instagram and Facebook.

### Fall Festival—Saturday, September 12, from 1:00 to 4:00 pm

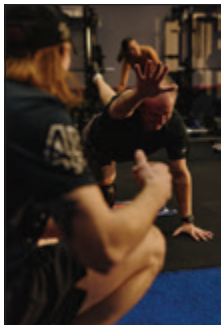
Join us for an afternoon of activities and fun for the whole family! There will be bouncy castles, games, and an ice cream truck that you can purchase treats from. This event is weather dependent, for updates or event changes please visit [www.lakesundance.org](http://www.lakesundance.org) or follow our Instagram and Facebook.

### Volunteers Needed for Events

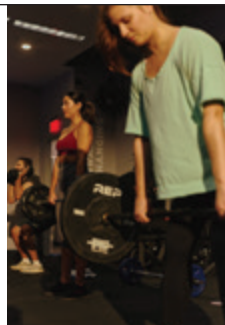
Our Special Event Committee is working hard to bring some new, exciting events to the lake. To make these events a success, we rely on the support of dedicated volunteers. If you or a family member can spare a little time to help, we'd love to have you involved. Please email [office@lakesundance.org](mailto:office@lakesundance.org)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

### Stay Connected

- Follow us on Instagram and Facebook
- Visit our website for updates: [www.lakesundance.org](http://www.lakesundance.org)
- Not receiving our email newsletter? Sign up under the "Forms" tab on our website to stay informed.



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a special intro rate!



# Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul then by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

### Ingredients

#### Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

#### Base/Topping:

- 1½ cups of rolled oats
- 1 cup of flour
- ¼ cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

### Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin

slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.

3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!

### Glover's Silkmoth— *Hyalophora gloveri*

by Kristina Quapp

The Glover's silkmoth belongs to the giant silk moth family, Saturniidae. These moths are quite large with a wingspan ranging from 80 to 100 mm, making it one of the largest moth species native to North America. It's commonly found in the Rocky Mountain states, western parts of the northern Great Plains, and Canadian prairie provinces.



Glover's silkmoth starts life as an egg for about one to two weeks. After hatching, the larva grows into a plump, yellow-green caterpillar, notable for its colourful red and yellow bumps that are tipped with small black spikes. In this stage, they can reach up to three to four inches in length. Their primary focus during these six to eight weeks of life is eating. These green critters must gather massive amounts of protein and energy to fuel their metamorphosis, often increasing their body mass thousands of times! Their primary diet includes trees and shrubs such as willows, chokecherry, silverberry, wild roses, and buffalo berry.

Once fully grown, the caterpillar spins a tight, silk cocoon on the twigs of its host plant. It remains in this stage for winter, and into the following spring, lasting about ten months in total. The Glover's silkmoth will emerge in early to mid-summer. Unlike its caterpillar counterpart, once the moth metamorphosizes it does



not eat. Nor does it have a functioning mouth! These adult silkmoths only live for one to two weeks, with their sole purpose being to find a mate and lay eggs. While the population status of this moth is stable, given its short lifespan they aren't commonly seen. Though, spotting a moth is widely considered a sign of good luck and positive transformation! So, keep your eyes peeled as the warm weather begins to taper in and around Calgary.

## Changing Your Financial Narrative

Karen Boudewyn | Senior Wealth Advisor



In the earlier parts of this series, we explored how beliefs, cognitive biases, and emotions shape financial behaviour. Now we arrive at a pivotal step; changing the narrative.

Awareness is powerful, but transformation happens when we begin to rewrite the beliefs that no longer serve us. Many of the financial patterns people experience like hesitation, avoidance, lack of confidence are not simply about knowledge or income. They are often rooted in long-standing beliefs that quietly influence decisions over time.

The encouraging reality is this: beliefs are learned and they can be changed.

### Recognizing Your Financial Story

Everyone has a financial story. It is the internal narrative that shapes how you think and feel about money.

This story is often formed early and reinforced through experience:

- Messages from childhood about money.
- Past financial successes or mistakes.
- Cultural or family attitudes toward wealth.
- Experiences during economic uncertainty.

Over time, these experiences form beliefs that feel factual even when they may be incomplete or outdated.

Common examples include:

"I'm not good with money", "Investing is too risky", "I'll

never get ahead", "It's too late to start."

These beliefs don't just sit in the background, they actively influence behaviour.

### From Fixed Mindset to Growth Mindset

One of the most important shifts in rewriting your financial story is moving from a fixed mindset to a growth mindset, a concept popularized by Carol Dweck.

A fixed mindset assumes abilities are static:

- "I've always been bad with money."
- "I don't understand investing."
- "This is just how things are."

A growth mindset, on the other hand, recognizes that skills and understanding can be developed:

- "I can learn how to manage money effectively."
- "I can improve my financial knowledge over time."
- "Small steps can create meaningful progress."

This shift doesn't change your situation overnight, but it changes how you respond to it.

### Reframing Limiting Beliefs

Rewriting your financial story begins with identifying and reframing limiting beliefs.

This doesn't mean ignoring reality — it means challenging assumptions and creating more constructive perspectives.

Examples of reframing include:

|                                                                               |
|-------------------------------------------------------------------------------|
| "I'm bad with money" → "I haven't learned the right strategies yet"           |
| "It's too late to invest" → "Starting now is better than not starting at all" |
| "I'll never have enough" → "I can make consistent progress over time"         |
| "Investing is too risky" → "Not investing may carry its own risks"            |

These small shifts in language can significantly influence behaviour and decision-making.

### Building Evidence Through Action

Beliefs don't change through thinking alone they change through experience.

One of the most effective ways to rewrite limiting beliefs is by creating small, positive financial actions that build evidence over time.

This can include:

- Setting up automatic savings contributions.
- Reviewing your finances regularly.
- Making gradual increases to investment contributions.
- Tracking progress toward specific goals.

Each small win helps reinforce a new narrative: "I am capable of managing my financial life."

### **The Role of Consistency**

It's important to recognize that changing beliefs is not a one-time event — it's a process.

Old patterns may resurface, especially during times of stress or uncertainty. This is normal.

What matters most is consistency:

- Returning to your plan.
- Continuing small, positive actions.
- Reinforcing new ways of thinking.

Over time, consistent behaviour begins to reshape belief systems.

### **Creating a More Empowering Financial Identity**

As beliefs begin to shift, something deeper starts to change — your financial identity.

You begin to see yourself as:

- Someone who is learning and improving.
- Someone who takes thoughtful financial action.
- Someone who is building long-term stability.

### **Bringing It All Together**

Rewriting your financial story doesn't require perfection or dramatic change. It starts with awareness, followed by small, intentional shifts in thinking and behaviour.

Over time, these steps create meaningful and lasting change.

Your financial story is not fixed. It evolves with your experiences, your decisions, and your willingness to challenge old assumptions. Own Your Financial Mindset

## **Cats, Canines, & Critters of Calgary**



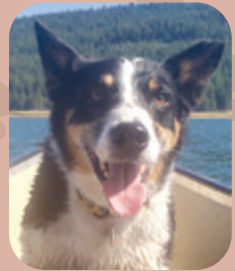
Chet, Auburn Bay



Chet, Erlton



Georgia Bell, Auburn Bay



Jack, Dalhousie



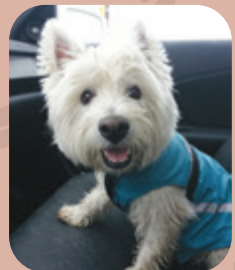
Pete, Rosemont



Rear Admiral Zao,  
Crescent Heights



Theodore, Cranston



Tokio, Crescent Heights

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## The American Mink—*Neogale vison*

by Kristina Quapp



The American Mink is a small, amphibious weasel that inhabits wetlands throughout Canada. Weasel refers to slender, small, carnivorous mammals belonging to the family Mustelidae. While the American Mink is most abundant along the coastline of British Columbia, you may have spotted them around Calgary as well!

Minks appear in varying shades of brown and black, often with patches of white on their chest and abdomen. Like beavers, minks have two layers of fur; a dense, insulating underfur that keeps them warm, and an

outer layer of fur covered in an oily sheen that prevents water from soaking through to their skin. Unlike other varieties of weasel, the American minks' coat does not turn white in the winter. While their coat grows thicker in the colder months, it remains a dark shade to help them blend into the vegetation along streams, ponds, and riverbanks. Given their habitat, the minks' paws are partially webbed, allowing them to remain dexterous on land and in the water. Minks' can range in size from 1 to 1.8 kg in weight, and roughly 60 cm in length.

During the summer months, the mink's diet shifts to take advantage of warm-weather prey. This often includes crayfish, frogs, fish, and ducks. As the weather cools down, the minks' diet relies heavily on small land mammals including voles, mice, muskrats, and rabbits. Since the mink often resides in the water, thick brush, or on rocky river edges, it has few natural enemies. On occasion, minks will be preyed upon by coyotes, bobcats, large snakes, and birds of prey.

While predators aren't considered major threats to the mink, human activity, habitat loss, and environmental contaminants can affect the population. The minks' unique and luxurious fur remains in high demand in the fur trade. 47 American states and all Canadian provinces currently conduct limited trapping seasons on the mink, with the length of the season varying from place to place. The minks' habitat also plays a crucial role in their conservation. They rely heavily on streams, wetlands, and shores with dense vegetation to provide safe burrows, and prey to feed upon. The expansion of infrastructure development and pesticide application can impact their reproductive success and long-term health.

### **Mindful Mink Spotting**

To see an American mink for yourself, head to densely vegetated waterways and riverbanks, particularly along the Bow River, the Elbow River, and local wetland ponds. Prime spots include the McKenzie Meadows area, Fish Creek Provincial Park, Lafarge Meadows, Inglewood Bird Sanctuary, Carburn Park, Weaselhead Flats, and Lafarge Meadows. Keep an eye on the water's edge, rocky shores, and amongst the brush. Keep in mind these key points while looking for our furry amphibious friends:

- **Maintain distance:** Use binoculars or a phone lens instead of approaching.
- **Keep waterways clean:** Pack out all trash, including food scraps.
- **Stay on marked trails:** Avoid trampling riverbank vegetation. Walking off trail can degrade the shoreline and damage hidden dens.
- **Never feed wildlife:** Feeding minks can disrupt their natural diet and may teach them to associate humans with food.



## **The Calgary Cottonwoods**

*by Garth Paul Ukrainetz*

At great bar of Bow River  
Drink the Calgary Cottonwoods  
Thirsty trees of the prairies  
Swill their fill on high plains

Lined along their trough flowing  
Massive tree trunks for bar stools  
Guzzling grog of the glaciers  
Mixed with snowmelts and rains

Another round for the woodlands  
Another round for Bow Valley  
West Alberta's fine water  
To the mountains they toast

Mammoth roots, gentle giants  
Anchored tightly to city  
Drink the Calgary Cottonwoods  
With their Bow River host

# A Small Act of Kindness Can Change a Day

by Rebecca Pink, Registered Provisional Psychologist



Kindness may seem like a simple gesture, but I believe that it's one of the most powerful things we can offer another human being and ourselves.

We live in a world that moves quickly. We are often rushing from one responsibility to the next, reacting instead of pausing, making assumptions instead of asking questions. It's easy to forget that every person

we encounter is carrying a story that we know nothing about.

The person that seems impatient may be overwhelmed. The friend who's been quiet may be grieving or dealing with things privately. The parent who appears distracted may be carrying worries they haven't shared with anyone. Even the people who seem to have it together may be quietly fighting battles no one else can see. The truth is that we are all living complex realities. That is why kindness matters so much.

Kindness isn't about having the perfect words or fixing someone else's problems. Sometimes it's a smile, a little extra patience, a warm greeting, a great big hug, or choosing compassion over criticism. Sometimes it's simply giving someone the benefit of the doubt and being open to their perspective and being aware of subjective realities. Perhaps the person who needs that kindness today is you.

We can be incredibly generous with others while being our harshest critic. What if we extended ourselves the same grace we so willingly offer those we love, respect, and care for? Imagine what could happen if each of us choose kindness first. Every person is carrying a story and lived experiences that we may never fully understand. We may not know what someone else is carrying, but we can always decide how we show up. Kindness, no matter how small, has a way of reaching further than we realize. Sometimes the smallest moments of compassion are the ones that stay with us the longest.

Take good care.

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**MIDNAPORE**



**SUNDANCE**



## Joke of the Month

Why are writers always so cold?

They are always surrounded by drafts.



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SCAN ME



**Councillor, Ward 14**  
**Landon Johnston**

ward14@calgary.ca

403-268-2430

@LandonForWard14

@Ward14LandonJohnston

Hello neighbours,

Summer is in full swing, and there's plenty happening across Ward 14. I'm pleased to share that street sweeping was completed on schedule throughout our communities, helping keep our roads clean and safe. As always, if you spot a pothole or another roadway/sidewalk issue, please report it to 311 so crews can address it as quickly as possible.

I'm also proud to share that my Supercharged Sidewalks Notice of Motion was successfully passed by Council. At its core, this initiative is about safety—making it easier and safer for residents to walk to schools, parks, transit stops, and local destinations. Even better, work is already underway. It's exciting to see momentum behind a practical solution that will improve connectivity and help make Calgary's communities safer for everyone.

In the months ahead, you'll see more engagement opportunities and information related to the Calgary Plan. This is one of the most important discussions shaping Calgary's future, and I want to hear directly from residents before key decisions come to Council. Your feedback helps me better understand the priorities, concerns, and opportunities you see in our communities, and ensures I can be a strong voice for Ward 14 when these decisions are made.

**Contact Our Office**

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

Following up on an issue? | CAWard14@calgary.ca



**MLA Calgary - Fish Creek**  
**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

Calgary.FishCreek@assembly.ab.ca

403-278-4444 | MLAFishCreek

MylesMcDougallYYC | MylesYYC

As summer begins to wind down and a new school year approaches, I want to extend my very best wishes to all students, teachers, educational support staff, and families in our community. I hope everyone has enjoyed a safe, relaxing, and memorable summer break and is returning refreshed and ready for the opportunities that a new year will bring.

One of the highlights of my summer was spending time in beautiful Fish Creek Provincial Park. Whether walking the trails, enjoying the natural scenery, or simply taking a moment to appreciate one of Alberta's greatest treasures, it was a wonderful reminder of how fortunate we are to live in such a vibrant and connected community. I regularly meet residents in the park, and those conversations always reinforce the importance of listening to and learning from the people I am privileged to represent.

The Legislature will not resume sitting until October, which means I will be spending the coming weeks here in the constituency. I always welcome the opportunity to hear from residents about the issues that matter most to them. Whether you have concerns, ideas, questions about provincial programs, or simply want to share your perspective, my office and I would be pleased to connect with you.

# BUSINESS CLASSIFIEDS

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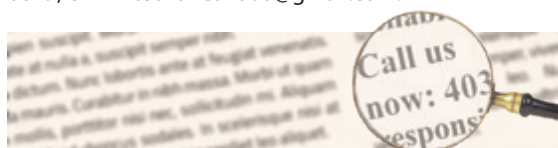
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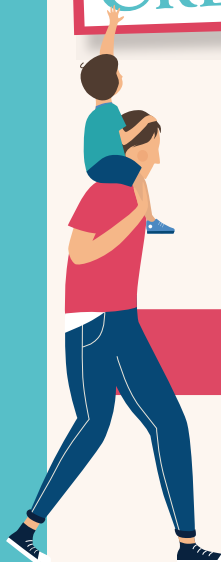
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**9**

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