

# Mid-Sun

## messages

**THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER**

*Delivered monthly to 6,800 households*



**FEBRUARY 2016**

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Calgary, Alberta  
Phone 403.254.8058 | Fax 403.256.373  
[info@midsun.org](mailto:info@midsun.org) | [www.midsun.org](http://www.midsun.org)

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## NEWSLETTER AD SALES

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PROUDLY SERVING MID-SUN  
FOR 21 YEARS!**



## PRESIDENT'S MESSAGE

I'd like to begin by introducing myself, Keith Pedersen, as the new MSCA President. My family and I moved to Calgary in 1981, to our first home in Midnapore. In 1990, we then moved to our current home in Sundance. I may be biased, but these are the two greatest communities in Calgary. I have been the Treasurer and Director of Operations over the past few years. In addition to this, I am also the Board Liaison on our upcoming renovations - which will be discussed further below.

Devin Elkin has stepped down as President, but will remain with the Board as Past President. I personally want to thank Devin for his continuing devotion to our communities as we work to serve our residents.

Mark Schmidt, Vice President is also our Director of Planning/Development for Mid-Sun. The City forwards building permit requests to him for review, and he presents them to the board for its approval or comment.

Patsy McNish has returned as Secretary. Patsy keeps the records of our monthly Board meetings and our Annual General Meeting. I truly appreciate the accurate re-

cords of our meetings as we continue to discuss our efforts and our activities in our communities.

Rose-Marie McKinnon, remains as Director of Fundraising - Casino. Rose-Marie's commitment to our communities is unparalleled. Her support, and the support of the many volunteers she works with, helps Mid-Sun maintain its facility and provide the services we now do.

Kim Taylor has joined the Board this year, as Garden Committee Chair, as well as Director of Community Relations. Kim is currently working with local businesses to provide added value to your community memberships.

Janice Fisher and Christine Nielsen are continuing with the Traffic Committee to help keep our community streets safe! It is essential that we continue to report safety issues and be effective in our requests for improvements to make our roads safer for pedestrians.

We also have 3 new members joining us who will be acting as Members at Large. These members are Ryan Steffens, Michael Collins, and Faye Andrews.

Welcome to all!

As mentioned above, Mid-Sun Community Centre will be undergoing some internal renovations, which are expected to begin next Fall. Some of the key renovations include: many improvements to the gymnasium such as upgraded lighting, new windows, new doors, air conditioning etc.; larger, nicer washrooms on the main floor; offices relocated to improve the lobby flow and more. More details will come as we progress through the different stages of design, schematics and construction.

Have you heard of Pickleball? The Centre has been offering the sport popular with the 55+ group Tuesday and Thursday mornings, with a drop-in fee. It has quickly become a place to be to meet and socialize with others, particularly within this age group. If you'd like more information, contact the centre or drop in and have a look!

*Until next month,  
Keith Pedersen*

### The Cutting Room

Hair by Lisa

Vidal Sassoon trained licensed Hairstylist is offering modern, professional ladies colours, cuts and perms in her new salon in Chaparral Valley

**Downtown styles  
at suburb prices**

**Call Lisa for an  
appointment  
587-350-1CUT (288)**

## Come Be A Part Of Things At Mid-Sun

### We are looking to build our Volunteer Base

There are plenty of opportunities to be included in upcoming events. We are looking for people to participate in event planning and to contribute time to events such as the Stampede Breakfast, Community Clean Up, Taste of MidSun, and a host of other unique happenings in our community.

**Add your email to be alerted as  
Volunteer Opportunities come available by  
sending a note to [info@midsun.org](mailto:info@midsun.org)**



## MID-SUN BUSINESS MEMBERS

*We thank the following businesses for their ongoing support of the Mid-Sun Community Association.*

### Please Support Your Local Businesses.

- Impact Orthodontics
- Renfrew Educational Services / Sundance Centre
- Sundance Animal Hospital
- Great News Publishing

To join this list, please email [programs@midsun.org](mailto:programs@midsun.org)



## MID-SUN COMMUNITY CENTRE DROP - IN FAMILY PLAY GROUP

Fridays between 10:30am-12:00pm, starting February 19  
Cost: \$2 M, \$5 NM per family.  
(Max 4 family members)

We provide the space for parents to interact and build skills with their children through play and for families to connect with one another. Play-group spaces contain toys and other materials to help strengthen each child's cognitive, physical and creative selves, and to help promote social, emotional skill building.

For more information contact Kaley at [programs@midsun.org](mailto:programs@midsun.org)





# HELP YOURSELF - HELP YOUR COMMUNITY



## MESSAGES FROM THE BOARD

### Are you concerned about increasing traffic and speed issues along SUN VALLEY BLVD?



The MidSun Traffic Safety Task Force has been established to work with the City of Calgary and our community to improve safety along this busy road.

Please feel free to send your Sun Valley Blvd traffic concerns or suggestions to:  
[traffic@midsun.org](mailto:traffic@midsun.org)



View the Mid-Sun Messages online at  
[www.midsun.org](http://www.midsun.org)

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Check out our new look!  
Visit [www.midsun.org](http://www.midsun.org)

Want a quick way to find out what's going on in Midnapore and Sundance? Check out our Facebook page for the most up to date info on community based sports groups, businesses, and local activities.

**f LIKE US ON FACEBOOK**  
[www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836](http://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836)

**t FOLLOW US ON TWITTER**  
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| <b>Cork</b><br><br>From \$1.99 Psf   | <b>Linoleum</b><br><br>From \$0.99 Psf                                | <b>Luxury Vinyl</b><br><br>From \$0.99 Psf   |   |

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Making your city work for you

Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

**Here's to another great year, in Canada's greatest city.**

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/  
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted

# Mid-Sun Summer Day Camps 2016

Online registration opens March 1 - Register online before March 16 and receive \$5 off per camp

In-house registrations opens March 16 - Visit 50 Midpark Rise SE, [www.midsun.org](http://www.midsun.org) or call: 403 254 8058

## Sunbeams

Full Day Camps Ages 3-5

|  |          |
|--|----------|
| <b>Week A:</b> (July 4-8)<br>Around the World in 5 Days                | \$200.00 |
| <b>Week B:</b> (July 11-15)<br>Lil' Buckaroos                          | \$200.00 |
| <b>Week C:</b> (July 18-22)<br>Space Odyssey                           | \$200.00 |
| <b>Week D:</b> (July 25-29)<br>Dino Days                               | \$200.00 |
| <b>Week E:</b> (Aug 2-5)<br>Mini Athletes<br>*no camp Monday, August 1 | \$200.00 |
| <b>Week F:</b> (Aug 8-12)<br>Sounds of Music                           | \$200.00 |
| <b>Week G:</b> (Aug 15-19)<br>Under the Big Top                        | \$200.00 |
| <b>Week H:</b> (Aug 22-26)<br>Farm Friends                             | \$200.00 |

\*Children must be toilet trained

## Specialty Camps

|   |                          |
|---|--------------------------|
| <b>Week 1:</b> Art Camp<br>Ages 6-12  | (July 4-8)<br>\$200.00   |
| <b>Week 2:</b> Discover Camp<br>Ages 6-12   | (July 11-15)<br>\$200.00 |
| <b>Week 2:</b> Dance Camp<br>Ages 6-12  | (July 11-15)<br>\$200.00 |
| <b>Week 3:</b> Summer Splash<br>Ages 6-12   | (July 18-22)<br>\$200.00 |
| <b>Week 5:</b> Bike Adventure<br>Ages 6-12<br>*no camp Monday, August 1, campers must bring own bike and helmet | (Aug 2-5)<br>\$200.00    |
| <b>Week 6:</b> Martial Arts<br>Ages 6-12  | (Aug 8-12)<br>\$200.00   |
| <b>Week 7:</b> Baton & Acro<br>Ages 6-12  | (Aug 15-19)<br>\$200.00  |
| <b>Week 8:</b> Beginner's Soccer<br>Ages 6-9  | (Aug 22-26)<br>\$200.00  |

## Sunsations

Ages 6-12

|   |          |
|---|----------|
| <b>Week 1:</b> (July 4-8)<br>Field Trip: Telus Spark Science Centre               | \$200.00 |
| <b>Week 2:</b> (July 11-15)<br>Field Trip: Calgary Zoo                            | \$200.00 |
| <b>Week 3:</b> (July 18-22)<br>Field Trip: Military Museum                        | \$200.00 |
| <b>Week 4:</b> (July 25-29)<br>Field Trip: Sleepover & Movie Theatre              | \$215.00 |
| <b>Week 5:</b> (Aug 2-5)<br>Field Trip: Calaway Park<br>*no camp Monday, August 1 | \$200.00 |
| <b>Week 6:</b> (Aug 8-12)<br>Field Trip: Lloyd's Roller Rink                      | \$200.00 |
| <b>Week 7:</b> (Aug 15-19)<br>Field Trip: Extreme Air Park                        | \$200.00 |
| <b>Week 8:</b> (Aug 22-26)<br>Field Trip: Shakers Family Fun Centre               | \$200.00 |

## Musical Theatre

Ages 6-12

|   |          |
|---|----------|
| <b>Week 3:</b> (July 18-22)<br>Hits of 2015         | \$200.00 |
| <b>Week 6:</b> (Aug 8-12)<br>Disney's Greatest Hits | \$200.00 |
| <b>Week 8:</b> (Aug 22-26)<br>Top 40 Pop Hits       | \$200.00 |

**For more details, visit:**  
[www.midsun.org](http://www.midsun.org)

**Refund Policy**  
From March 1 to May 18 a full refund will be granted, minus a \$25 admin fee per camp, to a max of \$100. From May 19 to June 27, a 50% refund is offered, only if the camper's spot can be filled. After June 27, no refund will be offered unless a doctor's note is provided. There will be no transfers between other weeks. \*Transfers between day camp programs is at the discretion of the day camp directors.







## “To better reach and serve the communities of Midnapore and Sundance”

Community associations are a way for neighbours to work together on mutual goals and provide support to the areas we live in. For over 25 years, the Mid-Sun Community Association has been dedicated to improving quality of life in the communities of Midnapore and Sundance. Through the work of the Mid-Sun Board of Directors and the staff at the Mid-Sun Community Centre, the association provides a broad array of community services:

- Community Events: Mom's Market- Used Toy and Clothing Sale /Small Business Showcase, Community Clean-Up, Taste of Mid-Sun
  - Access to government: Community concerns regularly discussed with representatives from Municipal and Provincial Government
  - Development Concerns Addressed: Home businesses, infill construction, area redevelopment, municipal and commercial development
  - Traffic Committee: lobbied for pedestrian lights on Sun Valley Boulevard, addressed concerns regarding Stoney and Macleod Trail interchange, applied for additional Sundance entrance sign along Sun Valley Boulevard
  - Community programs: Mid-Sun Community Garden, Little Library, Future Mid-Sun Skate Park
  - Community Centre Operations and Programming: Recreation Programs for all; Seniors Programs; Out-of-School Care and Preschool; and more!
  - Residential Communication: "Mid-Sun Messages" newsletter, Website, Facebook and Twitter
  - Membership discounts for recreational programming at Mid-Sun Community Centre
  - Discount on programming at Trico Centre
- The Mid-Sun Community Associations current goals include working to further engage the community, improving the programming and facilities at the Mid-Sun Community Centre, moving forward with the goals of the traffic committee, and increasing the usage of our community garden. We would love for you to join us.

Joining your community association is a great way to gain experience in a wide variety of areas, such as project management, event planning, fundraising, board etiquette, city planning, facility management and leadership. Let us know if you would like to help out in any of the areas discussed above, or another that concerns or interests you.

The cost for a yearly membership will be free for 2015/2016. Board of Director meetings are held once a month, September through June. All are welcome. Please see <http://www.midsun.org/next-board-meeting/> for meeting schedule, or contact us for more information.

- Phone: 403-254-8058
- E-mail: [Info@midsun.org](mailto:Info@midsun.org)
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
- Twitter @MidSunCommunity



## MID-SUN COMMUNITY ASSOCIATION MEMBERSHIP

To receive a membership to your community association, you can fill out the form below and bring it into the Mid-Sun Community Centre. 50 Midpark Rise SE, Calgary.

**Memberships valid June 1st 2015 to May 31st 2016**

**2015/2016 Memberships are free with valid I.D.**

## MEMBERSHIP APPLICATION FORM

Family Name: \_\_\_\_\_

Additional Family Members: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Home: \_\_\_\_\_ Phone Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Would you like to receive information and updates from the Mid-Sun Community Association? Yes No

Would you be interested in volunteering ?

☐ Board of Directors

☐ Special Events

☐ Fundraising

☐ Seniors Events

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# MID-SUN COMMUNITY CENTRE



## Check Out our Facility and Rates

The Mid-Sun Community Centre offers a wide range of rooms available for rental

Are you planning a Birthday Party or Sports Tournament?  
Need a space to practice for your dance recital?  
We can help!  
Current Members of the Mid-Sun Community Association receive 10% off all rentals.

**Inquire Today!**

### Facility Fees

| Room             | Regular Rates |
|------------------|---------------|
| Full Gym         | \$80.00/hr    |
| Half Gym         | \$50.00/hr    |
| Meeting Room     | \$50.00/hr    |
| Midnapore Studio | \$50.00/hr    |
| Sundance Studio  | \$45.00/hr    |

*\* All rates include GST*

For more information about rates and availability contact the Mid-Sun Community Centre  
50 Midpark Rise SE, Calgary, AB T2X 1L7  
403-254-8058 or [bookings@midsun.org](mailto:bookings@midsun.org)

## neverending tailz

Doggy Daycare \$24/day or \$18/half day  
Discounted 10 and 20 day packages are available  
Discount for multiple dogs for doggy daycare  
GROOMING available for Cats & Dogs.

37 SunMills Drive SE  
please call for an appointment  
at 403-201-5972



# NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

## HAPPY VALENTINES DAY!

We hope that you are enjoying skating and sledding this year. Please remember to keep your eye on Midnapore Lake's Facebook Page or website, [www.midnaporelake.ca](http://www.midnaporelake.ca), for up to date ice conditions. In the event of poor or unsafe ice conditions there maybe occasions when we need to close the lake to skating and/or ice fishing.

We are looking forward to our annual Family Day event. We hope to see you all at the lake on Monday February 15, 2016 for a day of skating, wagon rides, toboggan hill radar and a perch fishing derby. Hot dogs will be available for purchase for \$2.00 and there will be free hot chocolate. The event will run from noon until 4:00 pm and we will be accepting donations of non-perishable food or cash on behalf of the Calgary Food Bank. This event is for members and their guests. Please check the Facebook page or website, [www.midnaporelake.ca](http://www.midnaporelake.ca) for up to date information.

We continue to ask all members to enjoy the toboggan hill and our new snow tubes with safety in mind. Please only toboggan on the designated hill, do not start sledding until it is safe to do so, and please be patient and take turns. This way everyone can enjoy a pleasant tobogganing day!

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

## CANADA DAY PARTY AND SPECIAL EVENTS

The MLRA Board is planning a Canada Day party this summer but we need your help to make it happen! To make this and further special events a reality we are putting together a Special Events Committee and a volunteer roster. If you are interested in joining the planning committee or if you might be available to volunteer on the day of a special event please contact the office (403) 256-0550, or send an email to [manager@midnaporelake.ca](mailto:manager@midnaporelake.ca) for more information.

## MIDNAPORE LAKE BOOKINGS

For your Lake Room, Cookshack and Large Group Bookings please call the office staff at (403) 256-0550.



## ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY\*

**403-SENIORS (403-736-4677)** - The Way In Information, advice and help to connect to programs and benefits for older adults – business hours only. [www.thewayincalgary.ca](http://www.thewayincalgary.ca)

**403-943-LINK (403-943-5465)** – HealthLink 24 hour nursing advice and health service information

**403-266-HELP (403-266-4357)** SeniorConnect & Distress Centre Calgary - 24 hour Crisis Line support for yourself, or a senior who may be at risk in the community. [www.distresscentre.com](http://www.distresscentre.com)

**403-705-3250** - Elder Abuse Resource Line 24 hour confidential information, support and potential referral regarding elder abuse including intake line for the Kerby Rotary Shelter.

**2-1-1** 24 hour Information on community and social services in Calgary [www.211calgary.ca](http://www.211calgary.ca)

**3-1-1** 24 hour Information on all City of Calgary Services, or [www.calgary.ca](http://www.calgary.ca)

**4-1-1** 24 hour access to telephone directory listing across Canada (there is a charge for this) [www.canada411.ca](http://www.canada411.ca) (free online service)

**403-266-1234** - Calgary Police Service 24 hour Non-Emergency Line

**9-1-1** EMERGENCY Medical, Fire and Police

*\*Telephone Language Interpretation Services available on all lines*

# MID-SUN 55+



## Monthly Meet up – Valentine's Treats

**Tuesday, February 16**

**12:00pm-2:00pm**

**Free!**

Get out of the cold and into the warm kitchen and enjoy some valentines baking. We will be making chocolates and treats, as you enjoy complimentary tea and coffee.

## Drop-In Pickleball

**Every Tuesday and Thursday**

**8:45am-10:15am**

**Drop-In Pickleball \*Additional Day\***

**Friday 12:30pm-2:30pm**

Pickleball has become so popular here at Mid-Sun that we have added an additional day! Play is limited to 30 minutes if people are waiting.

Equipment set up is required.

\$2 Members

\$5 Non Member

10 Visit cards are available





MID-SUN COMMUNITY ASSOCIATION

**Save the date!**

*Mom's Market*

Small Business And Used Toy  
And Clothing Sale

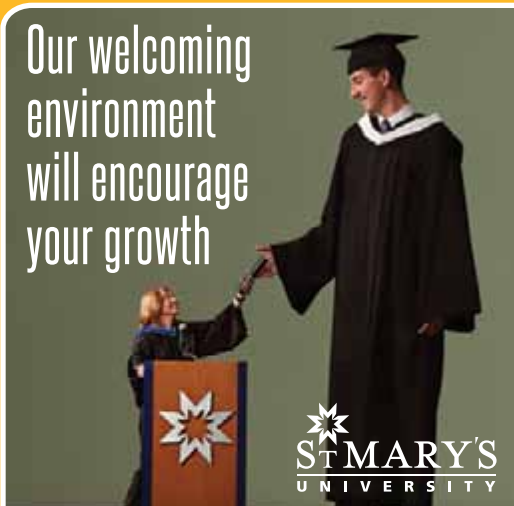
**Saturday, April 23<sup>rd</sup> 2016**

**9am to 1pm**

Table Registrations Will Open In February!



Our welcoming  
environment  
will encourage  
your growth



**OPEN HOUSE:**

February 20<sup>th</sup> at 10:00 am - 2:00 pm  
14500 Bannister Rd. SE | Calgary, AB  
Learn more at [stmu.ca/grow](http://stmu.ca/grow)



**Methods of Registration**

**Online Registration [www.midsun.org](http://www.midsun.org)**

- Create an account Online to Register for Recreation Programs and Day Camps
- Pay with Visa or MasterCard

**In person Registration at 50 Midpark Rise SE**

- Pay by cash, cheque, Visa, MasterCard, or debit.  
M: Mid-Sun Community Association members  
NM: Non-members

**Notes on Registration:**

- Payment is due at the time of registration.
- Confirmation of registration only with payment.
- Register early to ensure your place in the program of your choice.
- Requests to transfer or withdraw from a program will be accommodated for medical reasons only.
- Withdrawal from programs will be issued a full refund if they are accompanied by a note from a medical professional. Withdrawal from programs before program registration closure date will be issued a refund or credit MINUS a \$25 administration fee. Withdrawal from programs after program registration closure date will result in NO REFUND.
- NSF cheques are subject to an administration fee of \$20.

**Note on Programs:**

- For safety and program quality reasons, please do not bring unregistered siblings to programs.
- All children participating in unparented programs must be potty trained.
- Participants must be the minimum age at the time of the program in order to register.

**Program Cancellation Policy**

Mid-Sun reserves the right to cancel any recreation program with insufficient registration. Full refunds will be given or you can transfer to another program (space permitting).



**MID-SUN PROGRAM SCHEDULE**

**Spring  
2016**

**SPRING REGISTRATION BEGINS  
TUESDAY, FEBRUARY 23 2016**

**Register before March 8 and receive \$5 off!**

Registrations available online and in person only  
Programs start week of April 4th





# PARENT & TOT PROGRAMS

## Zumbini

Thursdays: 9:15am–10:00am  
Ages: Caregiver and Baby up to 4 years old!  
(Max 3 children to one parent)  
April 7–June 6  
Instructor: Pamela Murphy  
Cost: \$150 M, \$160 NM

Are you tired of the same old nursery rhymes? Designed to let you and your little ones wiggle, sing and learn together, the Zumbini™ program is where the science of child development meets the magic of Zumba® – for the ultimate bonding experience.

## READY, SET, PLAY \*NEW\*

Tuesday–11:15am – 12pm  
Ages: Caregiver and Child 1yr–3yrs  
(Max 2 children to one parent)  
April 5–June 7  
Instructor: Kirstin Lehmann  
Cost: \$110 M, \$120 NM

Get ready to sing, dance, bounce and rhyme to build your toddler's early literacy skills! Through these techniques along with finger plays, stories, games, felt boards and puppets, you and your child will bond and develop the foundational skills of literacy and have fun too! This course is directed toward ages 1-3 years but siblings under five are welcome.



# PRESCHOOL PROGRAMS (AGE 3 – 5 years)



## Tiny Dancers

Tuesdays–4:30pm to 5:15pm  
Ages: 3-5yrs  
April 5–June 7  
Instructor: Karen Berry  
Cost: \$90 M, \$100 NM

Nurture the dancer in your child. Encourage them to spin, pivot and pirouette across the floor. Help them learn even more by signing up for this class, where they will be introduced to the basics of the dance world and they will be encouraged to love creative movement and expression. There's a tiny dancer in all children; this class gives them space to shine.

# KIDS AND YOUTH PROGRAMS

## Youth Basketball

Youth Basketball  
Mondays: 5pm to 6pm  
Ages: 9-11yrs  
April 4–June 13  
Instructor: TBD  
Cost \$100 M, \$110 NM

Whether you are a beginning basketball player or you are striving to play in the NBA this class will teach the fundamentals of the various skills needed to be successful. Shooting, passing, ball handling, 1 on 1 skills, moving without the ball, as well as, defensive concepts will all be covered in this fun class.



## Zumba Kids

Tuesdays - 5:15pm to 6:00pm  
Ages: 5-9yrs  
April 5–June 7  
Instructor: Karen Berry  
Cost: \$90 M, \$100 NM

Perfect for our younger Zumba® fans! A rockin', high-energy dance party packed with kid-friendly routines set to their favorite music. Classes incorporate key childhood development elements such as confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness.

## Artrageous

Tuesday- 5:00pm- 6:00pm  
Ages 7 to 11yrs  
April 5–June 7  
Instructor: Lee  
Cost \$125 M, \$135 NM (All Supplies Included)

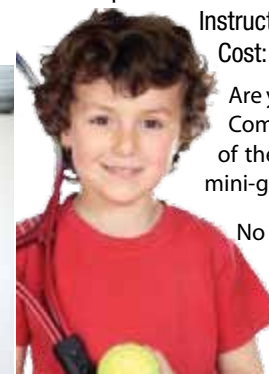
Come and discover the artist within you! This class will encourage kids to explore their creative side through a variety of arts and crafts. Learning different sketching, painting and sculpting techniques to fuel your passion and let your creativity soar!

## Youth Tennis

Wednesday 4:00pm – 5:00pm  
Ages: 6-9 yrs  
Wednesday 5:00pm – 6:00pm  
Ages: 10-13 yrs  
April 6–June 8  
Instructor: Universal Tennis  
Cost: \$115 M, \$125 NM

Are you the next Eugenie Bouchard or Milos Raonic? Come out and see, and try tennis. Learn the basics of the sport and then play against your friends in a mini-game.

No experience necessary. Rackets provided.



## Floor Hockey

Thursday 5:00pm–6:00pm  
Ages: 10-12yrs  
April 7–June 9  
Instructor: Eric Welde  
Cost \$100 M, \$110 NM

Come and join us as we play the Canadian Classic, Hockey! Learn new skills in a fun non-competitive environment. This is a great class to get active have fun and meet new friends. No experience required. *Bring your own stick!*

## Youth Dodgeball

Fridays: 4:30pm–5:30pm  
Ages: 8-12 yrs  
April 8–June 10  
Instructor: Steve-O  
Cost: \$30 M, \$40 NM

Dodge, Duck, Dive and Dip. This program provides participants with a supervised environment to learn this fast pace game and work on their ball handling skills.

# TEEN PROGRAMS

## Teen Yoga

Tuesdays: 4:15pm – 5:15pm  
Age: 13-18  
April 5–June 7  
Instructor: Tracey Short  
Cost: \$50 M, \$60 NM

Teen Yoga is a dynamic flowing class which quickly builds strength, flexibility, and focus. This class is great for teen athletes, as well as for teens looking to get fit in a non-competitive environment.







## Teen Dodgeball

Tuesdays–6:00pm – 7:00pm

Age: 14-17

April 5–June 7

Instructor: Steve-O

Cost: \$80 M, \$90NM

Dodge, Duck, Dive and Dip. We're bringing the exciting game of dodgeball to teens. Bring on the competition and sportsmanship that build friendships and promote fair play. Whether you win or lose, we believe in having fun, being spirited and having great game.

## ADULT ART PROGRAMS (18 & Up)

### Acrylics with Alexander

Wednesdays: 11:00am–1:30pm

April 6–June 8

Instructor: Alexander Ivanov

Cost: \$215 M, \$225 NM (supplies not included)

Come and join established artist, Alexander Ivanov, in the art of acrylic painting. Use your own inspiration to create a masterpiece while learning techniques and methods of acrylics in a relaxed environment.

## Watercolour Level 1 Beginner

Wednesdays: 7:00pm – 9:00pm

April 6–June 8 OR

Thursdays: 10:30am–12:30pm

April 7–June 9

Instructor: Gabriele Lynch

Cost: \$155 M, \$165 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. A variety of techniques and subjects will be covered to get you on the road to your own artistic expression. Great for those who have previous experience but would like a little refresher! Register early as classes fill fast. One Piece of Watercolour paper included.



## Watercolour Painting Intermediate

Thursdays: 7:00pm–9:00pm

April 7–June 9

Instructor: Gabriele Lynch

Cost: \$155 M, \$165 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. Participants will work on individual paintings using techniques learned in previous sessions with Gabriele. Level I must be completed prior to participation in this class. One Piece of Watercolour paper included.

## Watercolour Painting Advanced Session 1 (5 Weeks)

Fridays: 10:15am–12:45pm

April 8–May 6

## Watercolour Painting Advanced Session 2 (5 Weeks)

Fridays: 10:15am–12:45pm

May 13–June 10

Instructor: Gabriele Lynch

Cost: \$85 M, \$95 NM (supplies not included)

Do you love painting flowers, barns, landscapes, wildlife. If so, then our Watercolor Studio is for you! Bring your ideas and have a little extra coaching from Calgary artist, Gabriele Lynch. Some experience in watercolor painting required, preferably having completed two sessions with Gabriele. One Piece of Watercolour paper included.

## Drawing The Human Figure (5 Weeks)

Tuesdays: 10:30am-12:00pm

April 5–May 3

Instructor: TBD

Cost: \$70 M, \$80 NM (supplies not included)

The human figure is one of the most enduring themes in the visual arts and students will learn how to draw realistic human bodies in any of its various shapes and postures. Create accurate proportion and refining details of all the body parts.

## Drawing: TBD (5 Weeks)

Tuesdays: 10:30am-12pm

May 10–June 7

Instructor: TBD

Cost: \$70 M, \$80 NM (supplies not included)

## Tabata Express (1/2 hour class!!)

Tuesdays: 5:30pm–6:00pm

April 5–June 7

Instructor: TBD

Cost \$85 M, \$95 NM

Just finished work? Looking for a quick workout before going home for the day? Then try our Tabata Express class! This fast paced, high intensity class will push you towards your fitness goals in half the time as a regular class! With weight and cardio in just half an hour, you'll be feeling great all evening and into the next day



## Booty Barre

Tuesdays: 6:00 pm–7:00 pm

April 5–June 7

Instructor: TBD

Cost: \$120 M, \$130 NM

You told us you loved it, so we brought it back. The hottest fitness trend in LA comes to Calgary! Booty Barre combines strength and flexibility with cardio for an all over fun workout. To see how Booty Barre works check out their website.

## ADULT FITNESS PROGRAMS (16 & Up)



### Yoga at Your Level

Mondays: 8:00pm–9:00pm

April 4–June 13

Instructor: Gladys McCoy

Cost: \$110 M, \$120 NM

Have you always felt intimidated by large group yoga classes in the studios around town? Worried that you'll be the least flexible person in the room? Yoga at Your Level is the answer! Our instructor, Gladys, tailors all her classes to suit the group she's working with. She will adjust and help you to have you feeling like a true Yogi in no time! Learn about the basics of yoga and never feel left out again. (Please bring your own mat)





## Worth the Weight

Tuesdays: 7:00pm– 8:00pm  
April 5–June 7  
Instructor: TBD  
Cost: \$120 M, \$130 NM

One of the most important parts of our fitness routines is often the part that we neglect to include as often as we should—weight training. In this class, we will be using a combination of light, moderate and heavy dumbbell weights to get an ‘all over’ workout designed to create lean, strong muscles. And this will help burn fat! Join us for this great class to develop strong muscles and boost your metabolism! All levels of fitness welcome, all equipment provided.

## Pilates

Tuesdays: 6:45pm–7:45pm  
April 5–June 7  
Instructor: Andrea Dean  
Cost: \$120 M, \$130 NM

Pilates is a challenging workout that will strengthen your core, improve your alignment and posture, increase your flexibility and range of motion, and release stress and tension from your body (just to name a few benefits). This class is suitable to all ages, body types and levels of fitness as it will start with the fundamentals of Pilates and progress each week as you improve. Learn properly with skilled instruction, feedback, and correction in this small class. Bring your own exercise mat.

## Hula Hoops

Wednesday: 6:00pm–7:00pm  
April 6–June 8  
Instructor: Celeste or Meagan  
Cost \$120 M, \$130 NM

These classes are total fitness for the mind & body. Hula hoop classes are designed to suit all levels of fitness and skill. Beginning with yoga stretches, followed by a full body, high cardio, low impact workout that will give definition to your abs, tone your arms, and nurture your confidence. You will learn belly hooping, hula hooping with your feet, one hoop, two hoops, three hoops then four hoops separated on your body! This is a great chance to find your own groove and really dance like no one is watching.

## Cardio Blast

Wednesday: 7:00pm – 8:00pm  
April 6–June 8  
Instructor: Tracey Short  
Cost \$120 M, \$130 MN

Feel the difference cardio training can make. Kick, step and tone with our inventive Cardio blast class. A mix of Kickboxing, Bootcamp, Step and low intensity cardio combining low and high impact moves, as well as core exercises, to keep the body guessing at each class.



## Yoga with Tracey

Wednesday: 8:00pm–9:00pm  
April 6–June 8  
Instructor: Tracey Short  
Cost \$120 M, \$130 NM

Combining elements from Restorative and Flow yoga, Tracey will move you through fluid flow sequences, gentle core movements and relaxing Restorative poses for a well-rounded practice.



# 50+ PROGRAMS

## NEW LOWER PRICES FOR 50+ PROGRAMS

## 50+ Fit and Fabulous

Mondays: 10:30am–11:30am  
April 4–June 13  
Cost: \$70 M, \$80 NM  
Instructor: Tracey Short

This class is designed for active men and women over 50 to improve your overall fitness levels. Using gentle, light weights and simple cardio exercises you can improve your strength and overall fitness. No experience necessary.

## 50+ Yoga

Tuesdays: 10:30am–11:30am  
April 5–June 7  
Cost: \$70 M, \$80 NM  
Instructor: Tracey Short

This class is designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. No experience necessary!



## 50+ Sumba

Wednesday: 10:30am–11:30am  
April 6–June 8  
Cost: \$70 M, \$80 NM  
Instructor: Tracey/Hayley

Perfect for older adults who are looking for a fun Latin inspired dance class with easy-to-follow choreography at a lower intensity.

## 50+ Tai Chi

Fridays: 10:30–11:30am  
April 8–June 10  
Cost: \$70 M, \$80 NM  
Instructor: Leslie

Tai chi is a Chinese physical system used to improve and maintain health by using slow, smooth body movements to achieve a state of relaxation of both body and mind. Join instructor Leslie in this ancient exercise, which is a gentle way to improve balance, flexibility, bone strength and concentration.



# IN & AROUND SCHOOLS

## St. Bonaventure School

St. Bonaventure has had a busy start to 2016 with many exciting events to celebrate within the areas of athletics, spirituality, and community building.

Athletically, the annual senior boys and girls basketball tournament was an overwhelming success. We would like to extend a sincere note of thanks to all parents, staff, students, and community sponsors who supported the event. Falcons’ players and coaches are to be commended for continuing the tradition of basketball excellence at St. Bonaventure. Good luck in the playoffs! Our junior basketball players are enjoying an introduction into the game of basketball.

Spiritually, the entire school community had the opportunity to join in the St. Bonaventure Feast Day and Shrove Tuesday. We are truly blessed to be able to continue on our faith journey with the support of the St. Bonaventure parish. The students certainly continue to enjoy learning more and more about the life of St. Bonaventure. Related to this, the theme of humility continues to come to life at St. Bonaventure through our global charity focus. Humility indeed!

In terms of engaging students for success, our senior band students are looking forward to participating in the annual band camp along with the Alberta International Band Festival. Good luck to our students and thanks to our band volunteers! Furthermore, students will once again have the chance to receive instruction from Alberta Netball.

### Important Dates:

Teachers’ Convention: February 11 and 12  
Family Day: February 15  
Professional Day: February 16





# Team Palmer

is busy selling Midnapore & Sundance!

## KEN JASON TANNIS

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| 2015 Lake Midnapore Sales Stats |           |         |         |         |       |
|---------------------------------|-----------|---------|---------|---------|-------|
| STYLE                           | HIGH      | LOW     | AVG.    | AVG DOM | TOTAL |
| 2 STOREY / 2 SPLIT              | 975,000   | 402,000 | 604,438 | 47      | 12    |
| BUNGALOW                        | 1,562,500 | 367,000 | 479,044 | 32      | 20    |
| 3 & 4 LEVEL SPLITS              | 565,000   | 369,000 | 419,688 | 41      | 8     |
| BI-LEVEL                        | 396,500   | 355,000 | 378,650 | 37      | 6     |
| ATTACHED                        | 310,000   | 437,500 | 353,218 | 32      | 17    |
| CONDO                           | 513,000   | 197,000 | 285,768 | 41      | 22    |

| 2015 Lake Sundance Sales Stats |           |         |         |         |       |
|--------------------------------|-----------|---------|---------|---------|-------|
| STYLE                          | HIGH      | LOW     | AVG.    | AVG DOM | TOTAL |
| 2 STOREY / 2 SPLIT             | 1,350,000 | 340,000 | 549,636 | 38      | 73    |
| BUNGALOW                       | 860,000   | 345,000 | 505,324 | 50      | 17    |
| 3 & 4 LEVEL SPLITS             | 375,000   | 532,000 | 431,003 | 27      | 19    |
| BI-LEVEL                       | 489,000   | 360,000 | 425,111 | 54      | 9     |
| ATTACHED                       | 515,000   | 352,500 | 460,833 | 36      | 3     |
| CONDO                          | 375,000   | 322,900 | 356,120 | 25      | 5     |



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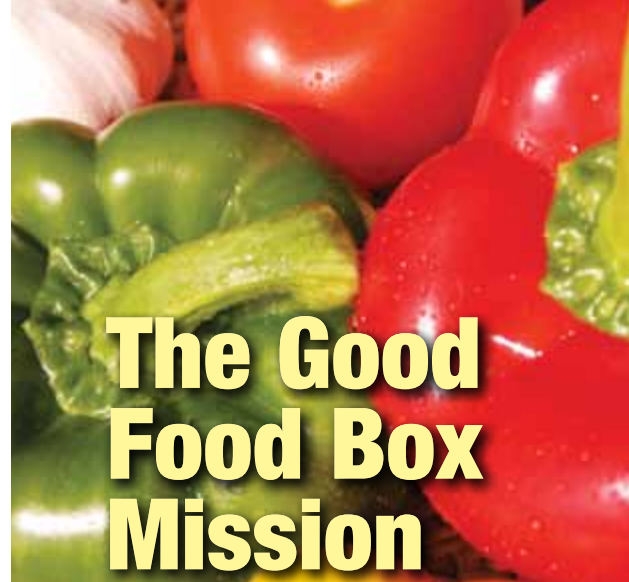
## 403-256-3888

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## The Good Food Box Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating. Available to people with all financial means.

### What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

### How Does the Good Food Box Operate?

The GFB operates by buying fresh, top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at their warehouse. Their volunteers then divide up the produce into portions and put the Good Food boxes together. The boxes contain the maximum produce possible in them for the price.

### How to Order a Good Food Box

To order a Good Food Box you must come into the community centre. All orders must be paid for by CASH at the time of ordering and be in before 12pm on the order cut of date. You can pre order your Good Food Box one month in advance.

### Picking up your Good Food Box

Your order will be delivered to Mid-Sun Community Center after 12:00pm on the noted delivery date. Mid-Sun Community Center staff will notify you by EMAIL once the delivery has been made, and is available for pick up. Check in at the admin office to sign off your pickup, and the staff will take you to your box. The order MUST be picked up by 9pm that night or it will be donated to the Calgary Food Bank.

### Box Options

**Small Box** \$20, 20-25lbs of fruits and vegetables  
**Medium Box** \$25, 30-35lbs of fruits and vegetables  
**Large Box** \$30, 40-45lbs of fruits and vegetables

Each box contains the same mixture of food, but will change with each delivery.

Payment in CASH only. Orders must be in by noon.

| Month    | Order By   | Pick Up   |
|----------|------------|-----------|
| February | Feb23rd    | Mar 4th   |
| March    | March 29th | April 8th |
| April    | April 26th | May 6th   |
| May      | May 24th   | June 3rd  |
| June     | June 14th  | June 24th |
| July     | NA         | NA        |

## SUNDANCE LAKE RESIDENTS ASSOCIATION LTD. LAKE FACILITIES

**Sundance Lake Residents Association Ltd.**  
**63 Suncrest Way SE**  
**Calgary, Alberta, T2X 1T9**

**Lake Hours:** Normal Hours: 9:00 am – 10:00 pm

**Facility Bookings:** To book the Cookshack, Sundance Room or Meeting Rooms contact Terri

**Phone Lake Office:** 403-256-4728

**Fax Lake Office:** 403-256-9677

**Email:** [lakesundance@telus.net](mailto:lakesundance@telus.net)

**Website:** <http://www.lakesundance.org>





## MidSun Real Estate Update

Last 12 Months MIDNAPORE

MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2015  | \$602,466            | \$584,500          |
| November 2015  | \$408,500            | \$398,043          |
| October 2015   | \$763,940            | \$725,250          |
| September 2015 | \$386,371            | \$377,285          |
| August 2015    | \$385,966            | \$375,633          |
| July 2015      | \$419,875            | \$414,500          |
| June 2015      | \$473,981            | \$462,390          |
| May 2015       | \$431,433            | \$423,833          |
| April 2015     | \$427,900            | \$414,180          |
| March 2015     | \$426,566            | \$418,000          |
| February 2015  | \$488,833            | \$477,500          |
| January 2015   | \$397,200            | \$385,000          |

Last 12 Months SUNDANCE

MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2015  | \$544,833            | \$528,244          |
| November 2015  | \$468,455            | \$461,285          |
| October 2015   | \$500,620            | \$491,740          |
| September 2015 | \$529,659            | \$517,055          |
| August 2015    | \$588,954            | \$577,681          |
| July 2015      | \$501,918            | \$493,550          |
| June 2015      | \$462,200            | \$449,269          |
| May 2015       | \$541,393            | \$527,153          |
| April 2015     | \$516,554            | \$506,740          |
| March 2015     | \$533,063            | \$513,392          |
| February 2015  | \$562,900            | \$546,250          |
| January 2015   | \$605,900            | \$596,975          |

To view the specific SOLD Listings that comprise the above MLS averages please visit [midnapore.great-news.ca](http://midnapore.great-news.ca) or [sundance.great-news.ca](http://sundance.great-news.ca)



## Calgary South Little League

Although the weather outside may indicate otherwise, it's time once again to get ready for a new year of little league baseball. Preparations for the 2016 season are well under-way at Cal South and we look forward to another great year on the diamonds.

### In-Person Registration

Following are the details of our **ONE** in-person baseball registration session for this year:

Mid-Sun Community Centre  
50 Midpark Rise SE  
Saturday, February 20, 2016  
11:00am-3:00pm

### On-Line Registration

You can also register on-line at [www.calsouthlittleleague.org](http://www.calsouthlittleleague.org).

### Umpire Registration

Is your child interested in Umpiring for CalSouth Little League? Come to the IN-PERSON Registration and submit your application form to umpire for the 2016 season.

### Volunteering with CalSouth

All parents and coaches wishing to volunteer for CalSouth Little League this year, must complete a the following 3 Forms:

- Police Information Check Form (requires 2 pieces of ID) (valid for 3 years.)
- Volunteer Application Form (required each year)
- Volunteer Coach Form (required each year)

Please attend either the **in-person registration** or one of the **evaluations** to complete your paperwork.

### Late Fee Policy

Late Registration Fees will of \$50 per player will be applied to ALL Coach Pitch to Senior Registrations received after February 28, 2016.

### Upcoming Dates

- February 20, 2016 – In person registration
- March 1, 2016 – late fees for registration begin
- March 19, 2016 – Evaluations at the Okotoks Dawgs Field-house
- March 26, 2016 – Evaluations at the Okotoks Dawgs Field-house
- May, 2016 – Little League Season begins

### Are we connected?

Check out our website at [www.calsouthlittleleague.org](http://www.calsouthlittleleague.org) for all the latest information

Like us on Facebook at *CalSouth Little League*  
Follow us on Twitter at *CalSouth LL*

**Committed to keeping you active together**

Trico Centre has been committed to family wellness for over 30 years. Trico Centre has partnerships with more than 40 communities in south Calgary. Residents of partnered communities pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

**Trico Centre for Family Wellness**  
11150 Bonaventure Drive SE  
403-278-7542 | [www.tricocentre.ca](http://www.tricocentre.ca)

# Taste of Mid-Sun

Evening of Saturday, April 23<sup>rd</sup> 2016

More information to come.

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**CALL 403-254-8330**



# Midnapore-Sundance mybabysitterlist

| Name      | Age | Contact                | Course |
|-----------|-----|------------------------|--------|
| Kaiya     | 12  | 403-805-1446           | Yes    |
| Amélie    | 12  | 403-988-8568           | Yes    |
| Connor    | 12  | 403-483-0828           | Yes    |
| Evelyn    | 12  | 403-475-0919           | Yes    |
| Jeffery   | 13  | 403-256-7828           | Yes    |
| Petra     | 13  | 403-589-3173           | Yes    |
| Maxine    | 13  | 403-455-8427           | Yes    |
| Anna      | 13  | 587-999-5607           | Yes    |
| Aliyah    | 13  | 403-801-9420           | Yes    |
| Sandra    | 13  | 403-207-4409           | Yes    |
| Elizabeth | 13  | 403-281-2808           | Yes    |
| Belle     | 13  | 403-256-5551           | Yes    |
| Emma      | 13  | 403-483-0828           | Yes    |
| Andrea    | 14  | 403-919-1200           | Yes    |
| Julia     | 14  | 587-888-6980           | Yes    |
| Cailin    | 14  | jenwelsh2012@gmail.com | Yes    |
| Sophia    | 14  | 403-225-9309           | Yes    |
| Jordan    | 14  | 403-630-1693           | Yes    |
| Valeria   | 14  | 403-830-7991           | Yes    |
| Ashlee    | 14  | 403-616-3236           | Yes    |
| Ashlee    | 14  | 403-440-9493           | Yes    |
| Sophia    | 14  | 403-225-9309           | Yes    |
| Jadelyn   | 14  | 403-201-6628           | Yes    |
| Liv       | 14  | 403-619-6399           | Yes    |
| Amanda    | 14  | 587-899-8983           | Yes    |
| Shay      | 14  | 587-899-3512           | Yes    |
| Grace     | 14  | 403-256-8802           | Yes    |
| Rory      | 14  | 403-605-6558           | Yes    |
| Gabriella | 14  | 403-262-2256           | Yes    |
| Valeria   | 14  | 403-830-7991           | Yes    |
| Erin      | 14  | 403-254-2020           | Yes    |
| Kaya      | 14  | jenwelsh2012@gmail.com | Yes    |
| Shamaya   | 15  | 403-464-5443           | Yes    |
| Rhys      | 15  | 403-399-7509           | Yes    |
| Eden      | 15  | 403-225-2595           | Yes    |
| Amy       | 15  | 403-247-9228           | Yes    |
| Gracie    | 15  | 403-807-6893           | Yes    |
| Maggie    | 15  | 403-222-2223           | No     |
| Jacy      | 15  | 403-254-4949           | Yes    |
| Dakota    | 15  | 403-993-7525           | Yes    |
| Cristina  | 15  | 403-245-5184           | Yes    |
| Kaitlyn   | 15  | 403-200-7820           | Yes    |
| Monika    | 16  | 403-805-1224           | No     |
| Tianna    | 16  | 587-896-8856           | No     |
| Leah      | 16  | 403-862-2487           | Yes    |
| Laura     | 16  | 587-350-5705           | Yes    |
| Ayden     | 16  | 403-880-4809           | Yes    |
| Claire    | 16  | 403-259-8680           | Yes    |

|           |    |              |     |
|-----------|----|--------------|-----|
| Kelsie    | 16 | 403-605-6558 | Yes |
| Kayleigh  | 16 | 403-618-7605 | Yes |
| Bronte    | 16 | 403-880-1572 | Yes |
| Sabrina   | 16 | 403-512-3171 | Yes |
| Kaitlyn   | 17 | 403-254-6382 | Yes |
| Garrett   | 17 | 403-708-7312 | Yes |
| Brianne   | 17 | 403-999-6906 | Yes |
| Lucy      | 17 | 403-279-2938 | Yes |
| Lucy      | 17 | 403-796-8951 | Yes |
| Ellie     | 18 | 587-888-9614 | Yes |
| Shawna    | 18 | 403-402-0489 | Yes |
| Maddy     | 18 | 587-888-7298 | Yes |
| Kendall   | 18 | 403-771-6386 | Yes |
| Jakarta   | 18 | 403-808-8503 | No  |
| Mackenzie | 18 | 403-861-9671 | No  |
| Makenzie  | 18 | 403-796-7733 | Yes |
| Madeleine | 19 | 403-975-5180 | Yes |
| (Maddy)   |    |              |     |
| Kristy    | 19 | 587-432-1616 | Yes |
| Gracia    | 19 | 587-969-1296 | Yes |
| Kelsey    | 20 | 403-818-6034 | Yes |
| Sonya     | 20 | 403-389-5921 | Yes |
| Jessica   | 20 | 587-580-5696 | No  |
| Ria       | 20 | 403-470-9783 | No  |
| Danita    | 21 | 403-990-0205 | Yes |
| Becky     | 21 | 403-993-9284 | Yes |
| Jaden     | 21 | 403-554-5737 | Yes |
| Michelle  | 22 | 403-926-5166 | No  |
| Katelyn   | 22 | 403-870-1752 | Yes |
| Christi   | 23 | 403-869-1573 | Yes |
| Emily     | 23 | 403-999-8525 | Yes |
| Shannon   | 24 | 403-614-2570 | Yes |
| Blaise    | 24 | 587-223-8583 | Yes |
| Alana     | 24 | 587-888-4854 | Yes |
| Megan     | 24 | 403-861-3718 | Yes |
| Chantele  | 25 | 403-652-0083 | No  |
| Lizzie    | 25 | 403-703-4076 | Yes |
| Lisa      | 27 | 506-721-8460 | No  |
| Sheree    | 27 | 403-422-0740 | No  |
| Deidra    | 28 | 587-582-0400 | Yes |
| Heather   | 28 | 403-719-5371 | Yes |
| Heather   | 29 | 403-966-5233 | Yes |
| Crystle   | 29 | 403-714-8050 | Yes |
| Amber     | 30 | 587-438-4789 | Yes |
| Michelle  | 31 | 403-923-5111 | Yes |
| Brandie   | 34 | 403-802-2940 | Yes |
| Dawn      | 36 | 403-285-9513 | Yes |
| Heather   | 38 | 587-225-8225 | Yes |
| Jane      | 50 | 403-467-3607 | Yes |
| Irfana    | 51 | 403-398-5219 | Yes |
| Elmarie   | 57 | 403-702-2084 | Yes |

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**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](#).

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## IN & AROUND SCHOOLS

### St. Philip Fine Arts Elementary School

Happy Valentine's Day from all the staff and students at St. Philip Fine Arts School.

Pope Francis has declared an Extraordinary Year of Mercy (December 2015 -November 2016). At St. Philip, we have designated one of the main gym doors a "Jubilee Door" to remind us of this great act of leadership by the Pope and to keep mercy at the forefront of our minds every time we pass through this door.

January was another busy month of teaching and learning. Students in Kindergarten to Grade 4 enjoyed learning the sport of inline skating, and the Grade 5 and 6 students went to the Olympic Oval. We also enjoyed having a travelling art exhibit from the Alberta Foundation for the Arts in our school.

## BRAIN GAMES SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 6 |   |   |   | 1 | 3 | 2 |   |
|   |   |   |   | 6 | 5 |   | 8 | 9 |
| 4 | 9 |   |   |   |   |   |   |   |
|   |   | 4 | 1 |   |   | 9 |   |   |
| 7 |   |   | 6 | 2 | 4 |   |   | 5 |
|   |   | 3 |   |   | 9 | 2 |   |   |
|   |   |   |   |   |   |   | 1 | 3 |
| 3 | 1 |   | 5 | 7 |   |   |   |   |
|   | 4 | 2 | 3 |   |   |   | 5 |   |

FIND SOLUTION ON PAGE 39

# FEBRUARY IN FISH CREEK!

[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

### Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park  
(13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek CommUnity Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

### The February Fish Creek Speaker Series Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and

Trout Unlimited saw the opportunity to explore bio-engineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

### Park Protectors Needed!

The Friends invite you to join us as a Park Protector. As an alternative to traditional annual membership, you may find that the Park Protector program suits your busy lifestyle a little better. The Park Protector monthly donor program is one of the most convenient ways to support the Friends and the park everyday! In addition to a valuable tax receipt and our newsletter, Park Protectors receive the exclusive monthly e-publication the Park Protector Update, that provides information on how your contribution is making a difference in the park.

### Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016, Registration at 6:30 pm, Meeting starts at 7:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served.

## Make a difference in the life of a family...

Are you looking for a way to give back to your community?  
Our Home-Start program is looking for volunteers!

### What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

### Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca)

North Calgary: 403-660-6809 South Calgary: 403-660-1136









## Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

*Jennifer L. Scott, D.V.M.*

# Heart at Play

## Raising Heart Healthy Families

**Saturday February 27<sup>th</sup>**  
3<sup>rd</sup> annual Heart Healthy Family Day  
10:00am—1:00pm  
South Health Campus Wellness Centre



**Wondering about healthy snacks & meals for life on the go?**



**Wondering if your family is active enough?**



**Wondering about small changes you can make for a healthier life?**



**Wondering how to fit everything in to your busy life?**



## What to Expect!

- Physician presentation
- Q&A time with healthcare providers
- Heart pumping activities
- Delicious cooking demos
- Interactive booths
- Blood pressure and cholesterol checks
- Healthy lifestyle information
- And more **FREE** family fun!

**For more information contact April Matsuno**  
403.956.3932 or [april.matsuno@ahs.ca](mailto:april.matsuno@ahs.ca)







Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

### February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

### Adults

• Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women

- Check [www.tricocentre.ca](http://www.tricocentre.ca) for two **new registered adult programs that are not in the program guide:** Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

### Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!
- **New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

### Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

*Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.*

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~cont'd next page~

## FEBRUARY MOON CALENDAR



New  
Moon  
Feb 8



First  
Quarter  
Feb 15



Full  
Moon  
Feb 22



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|                  |                           |
|------------------|---------------------------|
| <i>Monday</i>    | <i>11:00 am - 7:00 pm</i> |
| <i>Tuesday</i>   | <i>7:00 am - 7:00 pm</i>  |
| <i>Wednesday</i> | <i>7:00 am - 7:00 pm</i>  |
| <i>Thursday</i>  | <i>7:00 am - 7:00 pm</i>  |
| <i>Friday</i>    | <i>7:00 am - 2:00 pm</i>  |
| <i>Saturday</i>  | <i>9:00 am - 4:00 pm</i>  |

**Shawnessy Village Shopping Centre**  
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## Mid-Sun Community Association

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### MID-SUN COMMUNITY ASSOCIATION BOARD OF DIRECTORS

|   |                     |                             |
|---|---------------------|-----------------------------|
| President   | Keith Pedersen      | keithpedersen@live.com      |
| Past President                                      | Devin Elkin         | delkin@telus.net            |
| Vice President - Director of Planning & Development | Mark Schmidt        | maschmidt@outlook.com       |
| Treasurer/Director of Operations                    | Keith Pedersen      | keithpedersen@live.com      |
| Secretary   | Patsy McNish        | pmcnish@shaw.ca             |
| Director of Fundraising - Casino                    | Rose-Marie McKinnon | rmcreations@shaw.ca         |
| Director of Community Relations                     | Kim Taylor          | kimandav@telus.net          |
| Chair - Traffic Committee                           | Janice Fisher       | traffic@midsun.org          |
| Chair - Garden                                      | Kim Taylor          | midsungarden@gmail.com      |
| Facility Manager                                    | Sharmaleigh Luft    | facility.manager@midsun.org |
| Community Recreation Coordinator                    | Lisa Johnston       | lisa.johnston@calgary.ca    |
| CPS - Community Liaison Officer                     | Cst. Walter Kachmar | Pol3114@calgarypolice.ca    |
| Trico/FLC Rep                                       | Jeff Pratt          | jeff@theprattfamily.net     |
| Cardel Rec - South Rep                              | VACANT              | VACANT                      |

### CONTACTS

|                        |                                  |   |
|------------------------|----------------------------------|---|
| Mid-Sun OOSC Program   | Servicing Mother Theresa and FJW | 403-254-8058 ext. 229<br>childcare@midsun.org |
| Midnapore OOSC Program | Servicing Midnapore School       | 403-254-0288<br>midnaporeoosc@midsun.org      |
| MLA                    | Graham Sucha                     | Graham.Sucha@assembly.ab.ca                   |
| Ward 14 Counsellor     | Peter DeMong                     | ward14@calgary.ca                             |

## IN & AROUND CALGARY

### Nestle into nature this Family Day weekend

Family Day is a great time to reconnect with loved ones - a time to slow down, focus on family and create lasting memories together. Finding activities for the holiday weekend that everyone will enjoy can be challenging, but rest assured, this year it will be a walk in the park.

The City of Calgary will be hosting free We Are Family

events throughout the Family Day weekend at three of Calgary's beautiful parks. Grab your skates and join us on Saturday, February 13 at Carburn Park or Sunday, February 14 at Prince's Island Park for ice skating, fireside nature activities and family-friendly fun.

If you prefer an indoor celebration, drop by Devonian Gardens, Calgary's downtown tropical oasis, on holiday Monday, February 15. We will have entertainment for all ages, including nature games, crafts and a variety of animal furs and bones to see and touch.

All events run from 11 a.m. to 3 p.m.

For more information about our We Are Family events, visit [calgary.ca/parks](http://calgary.ca/parks).





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[calgary.shaw@assembly.ab.ca](mailto:calgary.shaw@assembly.ab.ca)

On February 28, we celebrate Father Lacombe's 189th birthday. Father Lacombe was an amazing builder of and contributor to this great province. His legacy can be seen throughout Calgary Shaw's St. Mary's University Campus, the Father Lacombe Centre, to the 100 year old St. Patrick's Roman Catholic Church on Macleod Tr. (now used as a place of worship for Russian Orthodox participants). Many people pass this historical site each and every day on their way to and from work. It is quite amazing to think how much different Calgary Shaw would have been if it hadn't been for Father Lacombe and his passion for people. He certainly was a man of vision.

This past year I was very excited to see how very generous Calgarians were over the holidays. We saw record donations to organizations such as the food bank and homeless shelters in our city. Calgarians are so very community spirited and continue to have a giving spirit even during difficult economic times.

#### Infrastructure project updates:

Prior to the end of this summer, once the bidding process is completed we will likely see construction begin on the South-west Ring Road. We will be sure to make all information available to you. Our government is ensuring that we move forward with shovel ready projects that will help us battle our infrastructure deficit and at the same time aiding in job creation.

#### Openness and Transparency:

Our government has recently expanded the Sunshine list (Bill 5) for provincially paid employees. Those earning over \$125,000 can be disclosed. This bill permits local boards including school boards to follow through with the same options.

During these challenging economic times, it can become difficult for people to navigate community services and resources. If you have any questions about where to go or what supports are available to you, our office is available to help.

I enjoy attending community events, if you would like me to attend yours, I will do my best to be available. If you have concerns regarding community issues you can reach me through my constituency assistant Carole: 403-256-8969

In next month's newsletter, watch for an outline of opportunities for constituent / community and MLA engagement.

My office can provide Notary Public and Commissioner for Oaths services and provincial pins, if you need a few.

Happy Valentine's Day!



**COUNCILLOR, WARD 14  
PETER DEMONG**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eward14@calgary.ca](mailto:eward14@calgary.ca) or 403 268-1653

Greetings Ward 14!

Great news! You have an extra day in February! I'll be making sure that the City is using that extra day—and the other 365—wisely, and I want to mention a couple of ways we'll be doing. Let's leap right in to it.

#### LED Streetlights in Ward 14

The lights we use to brighten our streets at night have a huge impact on this city, and not just in terms of better visibility. They require us to produce energy, they can cause light pollution, and they often need to be replaced. I am happy to say that in 2015 we began retrofitting streetlights for new light emitting diode (LED) bulbs, and will continue into 2018 until the retrofitting of 80,000 streetlights is complete. They will be replacing the high pressure sodium lights that the City has been using for some time now.

The financial benefits of the project are clear. With all the lights installed we expect to save \$1 million annually on maintenance costs, and \$5 million in annual electricity costs. But there are also some benefits that are not as easily represented in a financial statement. They will reduce energy consumption by up to 50%—the equivalent of powering 2,820 homes per year—and will drastically reduce light pollution. I think you'll find you'll be able to see better too.

The LED streetlights are coming to Ward 14 very soon. Silverado is scheduled for retrofitting during the first quarter of 2016, and the rest of Ward 14 will be done during the third and fourth quarters. Let me know what you think of them!

#### Interactive Parks and Roads Map

As I write this just a little before Christmas, the Roads department, Parks department, and I are hoping for some snow to test a project that we have been working on. We had an exceptional amount of snow during the winter of 2013/2014, and we learned many things from the experience. Based on people's comments to my office, the lack of communication between the City's crews and its headquarters became very apparent. A high-lighted map was literally the only way for us to know what had been cleared and what had not.

The result of our work will be real-time information not only on what roads and pathways have been cleared of snow, but eventually what parks have been mowed as well. It will be available to the public in an online map made possible with GPS outfitted equipment. It is a significant step forward in the level of service that we provide citizens. All we need are two significant snowfalls to test the system out. Hopefully we will have had them by the time you read this.

#### February Counciltalk

Thank you to everyone who attend Counciltalk in January. If you didn't get a chance, or would like another opportunity, the next one will be on February 27 at the Chaparral Resident's Association Lakehouse (225 Chaparral Drive SE) from noon to 2 p.m. If you can't make that one there are other opportunities listed at [calgary.ca/counciltalk](http://calgary.ca/counciltalk), or you could sign up to get reminders of all the Counciltalk dates at [calgary.ca/ward14connect](http://calgary.ca/ward14connect).

Have a wonderful February, and don't forget that you can always contact me.

## BRAIN GAMES SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 6 | 7 | 8 | 9 | 1 | 3 | 2 | 4 |
| 2 | 3 | 1 | 4 | 6 | 5 | 7 | 8 | 9 |
| 4 | 9 | 8 | 2 | 3 | 7 | 5 | 6 | 1 |
| 6 | 2 | 4 | 1 | 5 | 3 | 9 | 7 | 8 |
| 7 | 8 | 9 | 6 | 2 | 4 | 1 | 3 | 5 |
| 1 | 5 | 3 | 7 | 8 | 9 | 2 | 4 | 6 |
| 8 | 7 | 5 | 9 | 4 | 2 | 6 | 1 | 3 |
| 3 | 1 | 6 | 5 | 7 | 8 | 4 | 9 | 2 |
| 9 | 4 | 2 | 3 | 1 | 6 | 8 | 5 | 7 |



IN & AROUND  
CALGARY

Citizen Dashboard in the works to give Calgarians insight into  
City performance and Calgary's  
quality of life

The City of Calgary is building a Citizen Dashboard, an on-line tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at [calgary.ca/citizendashboard](http://calgary.ca/citizendashboard), the tool displays performance measures and data using interactive graphs, charts and maps.

"The Citizen Dashboard is just getting started, but it's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

"The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve

service," said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. "We look forward to hearing from Calgarians during the pilot as they explore our new tool."

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays select performance measures for 311; Roads Maintenance: Summer; Calgary Transit Access; and Building Regulations. Additional performance measures will be added to these services as the Citizen Dashboard evolves and feedback is collected.

The following services will be added over the coming months:

- Roads Maintenance: Snow and Ice Control and Spring Clean-up
- Transit: Safety and Security, CTrain and Bus
- Water Resources
- Water Services
- Waste & Recycling Services
- Recreation
- Fire

Calgarians can check out the new tool and provide feedback at [calgary.ca/citizendashboard](http://calgary.ca/citizendashboard).

IMPORTANT NUMBERS

| ALL EMERGENCY CALLS                | 911            |
|------------------------------------|----------------|
| Alberta Adolescent Recovery Centre | 403.253.5250   |
| Alberta Health Care                | 403.310.0000   |
| AHS Addictions Hotline             | 1.866.332.2322 |
| ATCO Gas – 24 Hour Emergency       | 403.245.7222   |
| Calgary HEALTH LINK 24/7           | 811            |
| Calgary Police – Non Emergency     | 403.266.1234   |
| Calgary Women's Emergency Shelter  | 403.234.7233   |
| Child Abuse Hotline                | 1.800.387.5437 |
| Kids Help Line                     | 1.800.668.6868 |
| Child Safe Canada                  | 403.202.5900   |
| Distress/Crisis Line               | 403.266.4357   |
| ENMAX – Power Trouble              | 403-514-6100   |
| Poison Centre - Alberta            | 1-800-332-1414 |

| HOSPITALS / URGENT CARE                 |              |
|---|--------------|
| Alberta Children's Hospital             | 403.955.7211 |
| Foothills Hospital                      | 403.944.1110 |
| Peter Lougheed Centre                   | 403.943.4555 |
| Rockyview General Hospital              | 403.943.3000 |
| Sheldon M. Chumir Health Centre         | 403.955.6200 |
| South Calgary Urgent Care Health Centre | 403.943.9300 |
| South Health Campus                     | 403.956.1111 |

| OTHER                               |                |
|-------------------------------------|----------------|
| Calgary Humane Society              | 403.205.4455   |
| Calgary Parking Authority           | 403.537.7000   |
| SeniorConnect                       | 403.266.6200   |
| Calgary Kerby Elder Abuse Line      | 403.705.3250   |
| Alberta One-Call Corporation        | 1.800.242.3447 |
| City of Calgary                     | 311            |
| Kerby Centre for the 55 plus        | 403-265-0661   |
| Community Mediation Calgary Society | 403.269.2707   |
| RNR Lockworks Ltd.                  | 403.479.6161   |
| Road Conditions – Calgary           | 511            |
| Weather Information                 |                |
| Gamblers Anonymous                  | 403.237.0654   |

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CHURCHES

|   |              |
|---|--------------|
| Sunwest Christian Fellowship                    | 403.254.2823 |
| Tree of Life Lutheran Church                    | 403.726.0911 |
| St. Paul's Anglican Church                      | 403.256.1428 |
| Deer Park United Church                         | 403.278.8263 |
| First Alliance Church                           | 403.252.7572 |
| All Saints Lutheran                             | 403.256.0262 |
| Lutheran Church of Our Saviour                  | 403.253.1453 |
| New Hope Community Church                       | 403.256.2772 |
| Fairview Baptist Church                         | 403.252.1704 |
| Spiritual Community Church of the West          | 403.225.4331 |
| Red Deer Lake United Church                     | 403.256.3181 |
| The Church of Jesus Christ of Latter Day Saints | 403.254.8679 |
| Canyon Creek Christian Fellowship               | 403.256.3167 |
| Campbell-Stone United Church                    | 403.708.7729 |

COMMUNITY  
ANNOUNCEMENTS

Deadline – 1<sup>st</sup> of each month for the next month's publication

Contact [news@great-news.ca](mailto:news@great-news.ca)

- ♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ♦ Forty word limit

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Feb. 6, 20, 27, Mar. 5, 12, Apr. 9, 16, 23, 30, May 7, 14, 28, Jun 4, 11, 2016

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**\*IMPORTANT\*** Classes are DROP-IN FORMAT which means that students can join at ANY TIME and not feel lost!

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