

# Mid-Sun

## messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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**MAY 2016**



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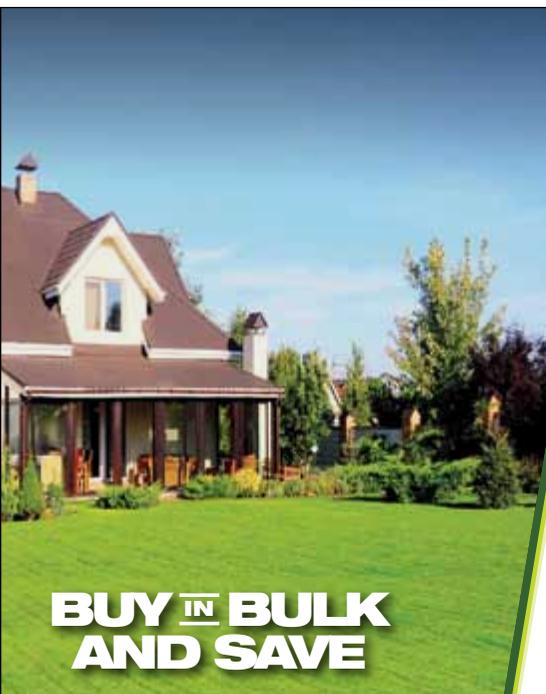
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Now that is  
some serious  
Calgary soccer  
pride.

AND WE'RE PROUD  
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

**We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.**

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## PRESIDENT'S MESSAGE



I had the pleasure of meeting with Graham Sucha, our MLA, last month. He presented me with a cheque payable to Mid-Sun Community Association for \$125,000. This was the result of a successful grant application to The Province of Alberta's Community Facility Enhancement Program (CFEP) which assists Communities in maintaining their facilities.

In addition to this grant, we have been awarded \$363,699 from the City of Calgary's Sport Facility Renewal Funding Program (SFR).

These two grants are a significant contribution to the approximately \$1.6 million renovation that will be undertaken for our facility as described below.

In addition, we are also so grateful to Rose-Marie McKinnon and all the volunteers that have worked bingos and casinos over so many years. As a result of their work, we have approximately \$861,000 for our renovation project.

The balance of the funds for the renovation will come from funds from operations that have been saved over the years for this very purpose.

The facility was constructed in 1992 and the gym, washrooms and meeting rooms are in need of repairs and upgrades. We expect the renovations to start this Fall and will be scheduled to minimize the impact on our programs. The hope is to have overall completion by Spring 2017.

More information will be provided as we progress through the design stages.

Until next month,  
Keith Pedersen

## BIKE RODEO & BIKE EXCHANGE

**Saturday, June 4<sup>th</sup> 2016**  
**10am-1pm**  
**FREE FOR ALL AGES**

### Bike Rodeo

Bring the Kids to learn all about bicycle safety and work on their biking skills. Peddleheads will be there to run through obstacle courses, and help with helmet fittings. BRING your Bikes! Activities include:

- Bike Safety Education
- Bike Inspections
- Proper Helmet Fittings
- Obstacle Courses
- Bike Skills and Drills

Chances to win FREE helmets!

### Bike Exchange

Donate your old bike and get the chance to receive another bike! Those donating a bike will receive a \$10.00 voucher (per bike) that can be used to purchase a different bike that fits better. Each donated bike will not be sold for more than \$30.00. All bicycles will be accepted from toddler to adult bikes. Bike donation drop offs will be accepted at Mid-Sun Community Association between **May 31 to June 3 from 9:00 am – 6:00pm**.



## COMMUNITY GARDEN NEWS



It may seem as if spring has sprung, but those of us who garden in Calgary know very well that we must hold off on our planting until at least mid-May. It's going to be hard to wait this year because of our unprecedented summer-like spring weather!

The Mid-Sun Community Garden has a great line-up of community events planned for the upcoming gardening season. (We like to stress the "community" in community gardening.) Everyone is welcome to attend any of our events.

### Garden Registration/Welcome Barbecue

**Saturday, May 7, 9:00 am – 1:00 pm**

**Mid-Sun Community Centre**

**BBQ Cost: \$2 donation to the Community Garden**

Here's your opportunity to register for a 2016 garden plot. If you were part of the community garden last year, your plot is reserved for you. However, if you don't register on or before May 7, we will release your plot to other residents of Midnapore or Sundance who wish to garden with us this year.

As in previous years, gardeners are asked to pay \$20 to reserve their plots. We are also asking all gardeners to sign up for at least 4.5 hours of volunteer work in the garden this season, with many interesting choices such as composting, water barrel maintenance, weed control and beautification, tending the communal herb garden or taking care of tools and structures within the garden. We even have tasks for folks who enjoy event planning, community outreach or mentoring other gardeners. Find out more at the garden registration!

### Growing Tomatoes

**Tuesday, May 10, 7:00 – 9:00 pm**

**Mid-Sun Community Centre**

**Admission: \$2**

**Presenters: Richard Glew and Cheryl Gibson**

Please RSVP to [midsungarden@gmail.com](mailto:midsungarden@gmail.com) or call 403-466-8388 for more information.

To follow up on Richard's wonderful presentation in March about growing tomatoes from seed, we are holding another session focused on tomatoes. Learn about purchasing tomato plants for Calgary gardens; determinate vs indeterminate; choosing cherry, grape, salad, slicer, or beefsteak tomatoes; planting and spacing techniques; growing in beds and pots; extending the season with a home greenhouse; and fertilizing and harvesting.

### Spring Plant Share

**Saturday, May 28, 9:00 am – 1:00 pm**

**Mid-Sun Community Garden**

**50 Midpark Rise SE, Calgary**

Our third annual spring plant share is the perfect opportunity to thin out your existing garden or buy some great plants for your new garden, without breaking the bank. We have an absolutely beautiful community garden, so please join us for some fun, great advice from experienced gardeners and shopping with local businesses and vendors. Watch for the City of Calgary's Re-TreeYYC's booth at the plant share. Everyone welcome!

### Living Soil Solutions with Mike Dorion

**Saturday, June 11, 9:00 am – 12:00 pm**

**Mid-Sun Community Centre**

**Admission: \$2**

Please RSVP to [midsungarden@gmail.com](mailto:midsungarden@gmail.com) or call 403-466-8388 for more information.

Mike's presentation in 2015 was our most successful event of the year! Here's another opportunity to hear about Mike's personal and professional journey into the world of permaculture. Learn about compost teas and extracts, soil building and soil biology, composting and vermicomposting from one of Calgary's leading soil experts. Bring a four-gallon jug and fill up with Mike's famous compost tea for \$2/jug.

*The Mid-Sun Community Garden is located beside the Mid-Sun Community Centre at 50 Midpark Rise SE. Admiring visitors are always welcome. The Garden Team can be reached at [midsungarden@gmail.com](mailto:midsungarden@gmail.com) and our blog is [mid-suncommunitygarden.blogspot.ca](http://mid-suncommunitygarden.blogspot.ca). Join our Facebook page: [www.facebook.com/MidSunCommunityGarden](http://www.facebook.com/MidSunCommunityGarden).*

# 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)

## 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)



## Watch For Upcoming Events

**Seniors Week - June 6- 12:** free fitness class for seniors

**#GetMovingYYC - June 18 -19**



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.

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

 **FOLLOW US ON TWITTER**  
[@midsuncommunity](https://twitter.com/midsuncommunity)



# STAMPEDE SHUT DOWN

Saturday July 16, 2016 – 4:00pm- 7:00pm

Join us for our first ever Stampede Shutdown! Let's celebrate the end of Stampede in style. There will be activities for the kids, so you enjoy live entertainment and more. Watch next month's Mid-Sun Messages and Mid-Sun social media for more updates.



# “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



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

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# Mid-Sun Summer

Online registration opens March 1

Register online before March 16 and receive \$5 off per camp

## Sunbeams

Full Day Camps Ages 3-5

**Week A: (July 4-8)** \$200.00  
Around the World in 5 Days

**Week B: (July 11-15)** \$200.00  
Lil' Buckaroos

**Week C: (July 18-22)** \$200.00  
Space Odyssey

**Week D: (July 25-29)** \$200.00  
Dino Days

**Week E: (Aug 2-5)** \$200.00  
Mini Athletes  
\*no camp Monday, August 1

**Week F: (Aug 8-12)** \$200.00  
Sounds of Music

**Week G: (Aug 15-19)** \$200.00  
Under the Big Top

**Week H: (Aug 22-26)** \$200.00  
Farm Friends

## Specialty Camps

**Week 1: Art Camp** (July 4-8)  
Ages 6-12 **FULL**

**Week 2: Discover Camp** (July 11-15)  
Ages 6-12 **FULL**

**Week 2: Dance Camp** (July 11-15)  
Ages 6-12 \$200.00

**Week 3: Summer Splash** (July 18-22)  
Ages 6-12 \$200.00

**Week 5: Bike Adventure** (Aug 2-5)  
Ages 6-12 200.00  
\*no camp Monday, August 1, campers must bring own bike and helmet **FULL**

**Week 6: Martial Arts** (Aug 8-12)  
Ages 6-12 **FULL**

**Week 7: Baton & Acro** (Aug 15-19)  
Ages 6-12 \$200.00

**Week 8: Beginner's Soccer** (Aug 22-26)  
Ages 6-9 \$200.00

# Day Camps 2016



In-house registrations opens March 16

Visit 50 Midpark Rise SE, www.midsun.org or call: 403 254 8058

## Sunsations

Ages 6-12

**Week 1: (July 4-8)** \$200.00  
Field Trip: Telus Spark Science Centre

**Week 2: (July 11-15)** \$200.00  
Field Trip: Calgary Zoo

**Week 3: (July 18-22)** \$200.00  
Field Trip: Military Museum

**Week 4: (July 25-29)** \$215.00  
Field Trip: Sleepover & Movie Theatre

**Week 5: (Aug 2-5)** \$200.00  
Field Trip: Calaway Park  
\*no camp Monday, August 1

**Week 6: (Aug 8-12)** \$200.00  
Field Trip: Lloyd's Roller Rink

**Week 7: (Aug 15-19)** \$200.00  
Field Trip: Extreme Air Park

**Week 8: (Aug 22-26)** \$200.00  
Field Trip: Shakers Family Fun Centre

## Musical Theatre

Ages 6-12

**Week 3: (July 18-22)** \$200.00  
Hits of 2015 **FULL**

**Week 6: (Aug 8-12)** \$200.00  
Disney's Greatest Hits

**Week 8: (Aug 22-26)** \$200.00  
Top 40 Pop Hits

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.

\*Children must be toilet trained

**\*Camps are filling fast! Register today to guarantee your child's spot!\***



## 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

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## 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.

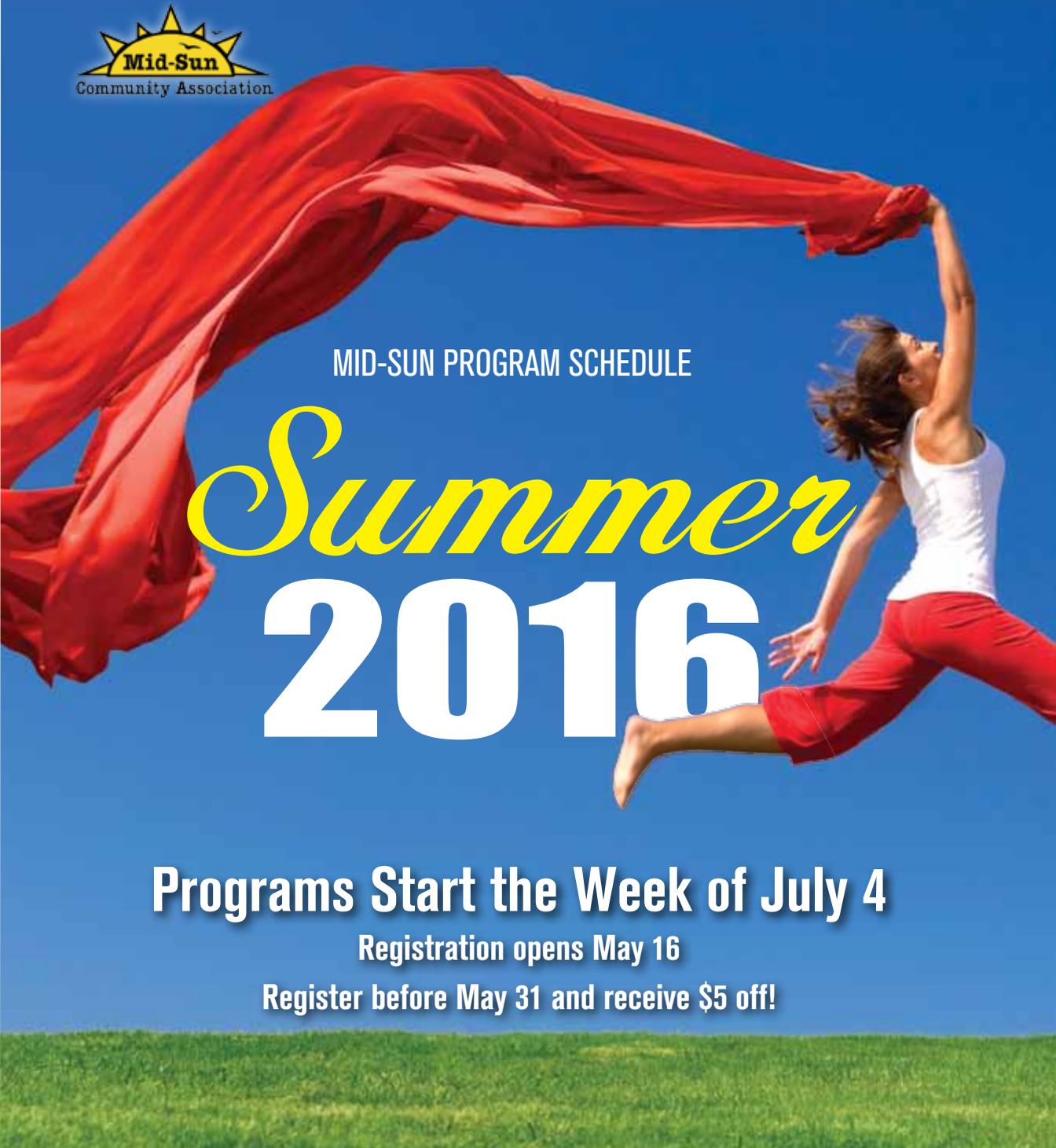
### Program Cancellation Policy

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

# Summer 2016



## Programs Start the Week of July 4

Registration opens May 16

Register before May 31 and receive \$5 off!

## Yoga By The Lake

Mondays: 6:30-7:30 • July 4 – August 29 • No class August 1

Instructor: Hayley

Cost: \$80 M \$90 NM

Join Hayley every Monday July and August for a fun, safe and inspiring yoga class suitable for anyone wanting to move, breath, meditate and connect with themselves and others while appreciating and connecting with the surrounding beauty of the Midnapore Lake.

## Tabata \* New Price

Tuesdays: 6:15pm – 7:15pm • July 5 – August 23

Instructor: Kaley

Cost \$50 M, \$60 NM \*\* Lower Price!

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!

## B-Fit Boot Camp

Wednesdays: 6:45-7:45 • July 6 – August 24

Instructor: Kaley

Cost: \$80 M \$90

Challenge yourself with this fast- paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced. Workouts will rotate between inside and outside. With weight and cardio in just 45 minute, you'll be feeling great all evening and into the next day. ONLY \$5.00 per class!

## Stroller Fit

Wednesdays: 6:30-7:30 • July 6 – August 24

Instructor: Hayley

Cost: \$80 M \$90

Stroller Fit is a 60-minute class format for mom and baby. The classes cater to all fitness levels: pregnant moms, new moms recovering from pregnancy and conditioned moms with one or two stroller-aged children. Cardio drills, strength training exercises and stretching will be included with exercise modifications for prenatal clients, particularly after the first trimester, new moms who are six to 16 weeks postpartum and active moms who are ready for an additional challenge. To participate in classes, moms must be at least six weeks postpartum and have received verbal clearance from their physician to resume physical exercise.

PRESENTED BY MIDNAPORE LAKE RESIDENTS ASSOCIATION AND MID-SUN COMMUNITY ASSOCIATION...



# CANADA DAY!



Please join us at Midnapore Lake for our first ever Canada Day Celebration.  
Fun games, music, a craft fair, and cake for the first 250 members through the gate!

Volunteers needed to make this event amazing! Contact the office at 403-256-0550 or office@midnaporelake.ca to give an hour or two of your time and gain exclusive access to the volunteer room!



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# NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

## Updated Rules:

By now you will have received a copy of the updated rules and regulations. Please take some time to read through the park rules as we do sincerely hope that they will help to improve the park experience for everyone.

## Tennis Lessons

Please check the website ([www.midnaporelake.ca](http://www.midnaporelake.ca)) and Facebook page for details and registration information on our upcoming summer tennis lessons. Tentative information:

## Weekly Lessons:

- Mondays July 4 to Monday August 22 5 pm to 6 pm 4 to 6 years of age
- Mondays July 4 to Monday August 22 6 pm to 7 pm 16 + (adult)

## 1 Week Tennis Camp:

Monday August 16 to Friday August 19 Ages 11 - 15

It is important that the community supports these opportunities, so we can offer more programming in the future.

## Fly Fishing Clinic

We will be holding a fly fishing clinic for interested fisherman new to this sport. The clinic will be held Saturday, June 25, 2016 at Midnapore Lake from 9:30am – 2:30pm. This clinic will be for youth and adult members 12 years of age and older. The maximum clinic size is 12 so please register early. The cost will be \$50.00 +GST per member. No experience is required. Please visit our website for details and registration information.

## Canada Day Event

We are excited with all of the activities we have planned for Canada Day at Midnapore Lake. Please see our event posting in this newsletter and plan to spend July 1 at Midnapore Lake. Please visit Facebook or the website ([www.midnaporelake.ca](http://www.midnaporelake.ca)) for detailed information.

## Special Events

The MLRA Board is 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.

# IN & AROUND SCHOOLS

## Sundance School

There are so many exciting things happening at Sundance throughout the month of May. Our wonderful School Choir will also be having their highly anticipated Spring Concert on May 12.

Our Grade 6 students will start the Provincial Achievement Tests on May 10th and continue through to June.

We will be celebrating La Semaine de la Francophonie My 25-30. Célébrons ensemble!

- May 2-6: Open Minds CBE 2School Grade 3/4 English
- May 3: Zoo trip Grade 1 French Immersion
- May 4: Teacher's Pet Grade 5 French Immersion
- May 5: Teacher's Pet Grade 6 French Immersion
- May 10: Picture Day for Grade 6 and Class Pictures for all grades
- May 16-19: Newcomers MuseoKit for Grades 3/4
- May 17: Inglewood Bird Sanctuary Grade 2 French Immersion
- May 18: Sundog Lunch: Extreme Pita Gr 1-6
- May 19: Calgary Humane Society Kindergarten
- May 24: Storybook Theatre Gr 3 French Immersion
- May 26: Children's Festival Gr 5/6 French Immersion

## Additional dates to remember:

- May 10: AGM and School Council meeting: 7 pm – all are welcome
- May 12: Spring Concert 1pm and 7pm
- May 20 & 23: Non-Instructional Day (no school for students)



## 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+



## Drop-In Pickleball

Every Tuesday and Thursday – 50+

8:45am-10:15pm

Fridays 12:30pm-2:30pm – All ages



## Agapeland Preschool -- A Great Place to Start!

- A carefully developed comprehensive program with a Christian perspective
  - includes Handwriting Without Tears®
- Fully certified and experienced staff for 20+ years
- Spacious, stimulating, well equipped environment
- For fully toilet trained children, 4 yrs. by Dec. 31, 2016
- New location: **20200 Walden Boulevard SE**

## For further info:

- <http://southviewchurch.com/ministries/family/agapeland/>
- Ms. Michele Black
  - 403-873-5206
  - [Michele\\_Black@southviewchurch.com](mailto:Michele_Black@southviewchurch.com)



## 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

## MidSun Real Estate Update

Last 12 Months MIDNAPORE

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$329,900.00	\$312,500.00
February 2016	\$405,900.00	\$395,000.00
January 2016	\$360,447.50	\$348,500.00
December 2015	\$417,500.00	\$402,000.00
November 2015	\$399,000.00	\$380,000.00
October 2015	\$439,900.00	\$429,750.00
September 2015	\$390,000.00	\$377,000.00
August 2015	\$385,000.00	\$375,000.00
July 2015	\$412,350.00	\$408,250.00
June 2015	\$439,900.00	\$430,000.00
May 2015	\$399,450.00	\$396,000.00
April 2015	\$394,900.00	\$385,000.00

Last 12 Months SUNDANCE

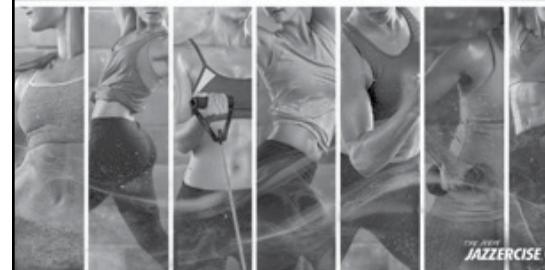
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$538,800.00	\$510,000.00
February 2016	\$476,950.00	\$467,750.00
January 2016	\$464,499.50	\$457,500.00
December 2015	\$499,900.00	\$478,000.00
November 2015	\$454,900.00	\$445,000.00
October 2015	\$499,900.00	\$489,500.00
September 2015	\$519,900.00	\$509,500.00
August 2015	\$499,500.00	\$500,000.00
July 2015	\$496,444.00	\$492,500.00
June 2015	\$449,500.00	\$440,000.00
May 2015	\$525,000.00	\$515,000.00
April 2015	\$488,000.00	\$472,500.00

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)

## FREE CLASSES

MAY 1-31



### REGISTRATION ON GOING

Mid Sun Community Centre  
Monday, Wednesday and Friday  
9:00 am

Call Kathy Nugent at  
403-256-4060

**JAZZERCISE.COM • (800)FIT-IS-IT**



## Peace Lutheran Church

Vacation Bible School



July 18 to July 22 from 9:00 a.m. – Noon

Cost is \$30 per child

Ages: 5 years old to Grade 7

Please visit our website [www.peacelc.ca](http://www.peacelc.ca) with the link to pre-register, or visit the VBS website [www.groupvbspro.com/vbs/ez/peacevbs2016](http://www.groupvbspro.com/vbs/ez/peacevbs2016) to fill in the online registration form, print it off and return the registration form to the church office.

Please contact Shirley at 403-278-9023 with any questions.

Church Phone: 403-256-1439  
[peacelutheran@telus.net](mailto:peacelutheran@telus.net)  
14640-6th St. S.W. Calgary

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Home Exteriors  
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Premium Service Guaranteed

## Neverending Tailz

We offer Doggy daycare, full and half day (Monday-Saturday) 10 and 20 day packages are available. Grooming for both Dogs and Cats. Dog training now being offered.

Call 403-201-5972 for an appointment.

We are located at  
37 Sunmills Drive SE



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### READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

*Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.*

**KILBCO**  
CONCRETE CURBING

Locally Owned &  
Operated



Free Estimates 403-875-8463

## Midnapore-Sundance mybabysitterlist

Name	Age	Contact	Course
Ariana	11	403-993-9146	Yes
Sophia	14	403-225-9309	Yes
Gabriella	14	403-262-2256	Yes
Grace	14	403-256-8802	Yes
Rory	14	403-605-6558	Yes
Jadelyn	14	403-201-6628	Yes
Julia	14	587-888-6980	Yes
Liv	14	403-619-6399	Yes
Cailin	14	jenwelsh2012@gmail.com	Yes
Kaya	14	jenwelsh2012@gmail.com	Yes
Kaitlyn	15	403-200-7820	Yes
Kayleigh	16	403-618-7605	Yes
Kelsie	16	403-605-6558	Yes
Kaitlyn	17	403-254-6382	Yes
Kendall	19	403-771-6386	Yes
Irfana	51	403-398-5219	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**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](http://mybabysitter.ca).

## 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>

# The Good Food Box Mission

Month	Order By	Pick Up
May	May 24	June 3
June	June 14	June 24

### 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

When a member of the community wants to order a Good Food Box, they must drop in to the community center, in advance of the cut-off date and time as listed. Payment in CASH, must also be made prior to the cut-off date and time. You can also pre-order your boxes, as far as one month in.

### Picking up your Good Food Box

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

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

Best Price, Service & Warranty

# MARS

BLINDS & SHUTTERS



4519 - 1st Street SE  
email: [mblinds@telus.net](mailto:mblinds@telus.net)

**40% OFF**  
2" wood or vinyl shutters

**75% OFF**  
2" horizontal wood/fauxwood  
LIMITED TIME OFFER.

CHECK OUT OUR SPECIALS ON ALL OTHER PRODUCTS

**403-531-1500**

PRESENT THIS COUPON FOR AN EXTRA 5% OFF



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.

### May 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, skate, or play shinny, plus with a membership 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. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

### Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

### Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

### Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

### Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See 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 leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

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.

# INTERIOR AND EXTERIOR RENOVATIONS



**SHOWTIME** Home Design

Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows (PlyGem window and door dealer), siding, stonework and roofing. **SHOWTIME** does it all. Design services included at no extra cost. Thirty years experience. Licensed, insured, WCB. Professional, experienced trades.

**Award winner Calgary Home + Design Show and Calgary Home and Garden Show.**

References and viewings of finished designs related to your requirements available upon request

For a **FREE** initial consultation call 403.818.3118 | 403.819.8753 or visit [www.showtimehomedesign.com](http://www.showtimehomedesign.com)



## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 48

## ACADEMY DENTURE CLINIC

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

Modern Solutions for Missing Teeth

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



Southcentre Mall  
Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



# Team Palmer

is busy selling Midnapore & Sundance!

## KEN JASON TANNIS

**REAL ESTATE INFORMATION - FREE  
REAL ESTATE SERVICE - PRICELESS!**

Lake Midnapore Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY / 2 SPLIT	900,000	407,000	612,333	35	3
BUNGALOW	520,000	380,000	426,583	41	6
3 & 4 LEVEL SPLITS	500,000	366,000	433,000	15	2
BI-LEVEL	421,000	315,000	368,000	18	2
ATTACHED	335,000	275,000	299,688	60	8
CONDO	255,000	225,000	240,300	31	5

Lake Sundance Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY / 2 SPLIT	835,000	347,500	519,188	53	16
BUNGALOW	545,750	328,000	406,958	42	6
3 & 4 LEVEL SPLITS	467,500	379,800	419,100	51	3
BI-LEVEL	436,000	436,000	436,000	13	1
ATTACHED					
CONDO	345,000	345,000	345,000	72	1



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# 403-256-3888

[www.midsun.info](http://www.midsun.info)  
[palmer@midsun.info](mailto:palmer@midsun.info)

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **May 18 to June 1 - Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. [www.ginapalooza.com](http://www.ginapalooza.com)
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. [www.rainbowsociety.ab.ca](http://www.rainbowsociety.ab.ca)
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. [www.revv52.com](http://www.revv52.com)
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. [www.calgaryphil.com](http://www.calgaryphil.com)
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. [www.bigrockbeer.com](http://www.bigrockbeer.com)
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. [www.heritagepark.ca](http://www.heritagepark.ca)
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)
- **June 22 to 26 - Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. [www.sledisland.com](http://www.sledisland.com)

### JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. [www.calgaryphil.com](http://www.calgaryphil.com)



### JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. [www.lilacfestival.net](http://www.lilacfestival.net)



### JUNE 24 TEDXYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYc is returning to Calgary. [www.tedxyc.ca](http://www.tedxyc.ca)



JUNE

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## IN & AROUND CALGARY

### SHC Wellness Centre

Healthy Albertans  
Healthy Communities  
Together  
Find out how we can help at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)

#### A few of our FREE programs are highlighted below Chronic Pain Management Workshop May 10 6:30-8:30pm

This single, two-hour program focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.

#### Managing Your Emotional Eating Begins May 12 (3 sessions)

Would you like to know more about emotional eating and managing it? You will learn what influences your food choices, how to build awareness of your own emotional eating, & to build skills and tools to help with your emotional eating.

#### Compounded or Confused? Bioidentical Hormones for Menopausal Health

Hot flashes are real. Today, more women are experiencing symptoms which may be adversely affecting their lives. Mistrust of prescription drugs has led many to search for that perfect product to improve symptoms. SHC Academic Family Medicine Clinical Pharmacist Joe Tabler will explain bioidentical hormone therapy and evidence regarding efficacy and safety.

#### Parenting Anxious Children & Teens May 16 6:30-8:00pm

Come learn more about anxiety and children. Participants will learn to recognize anxiety in children and adolescents, gain an understanding of different anxiety disorders, and acquire knowledge of parenting strategies to help reduce the effects of anxiety.

#### Fermented Foods: Sauerkraut May 19 6:30-7:30pm

Join SPUD for a hands-on session in the Wellness Kitchen on fermented foods. We will be talking about why they are good for you and your gut! You will learn how to make tasty, nutritious sauerkraut from scratch. Please bring a large mason jar with lid so you can take your delicious creation home.

### Friends of Fish Creek

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

#### Run for Fish Creek in the Scotiabank Charity Challenge! Sunday May 29

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

#### A Journey through the Mountains and Meadows of Kananaskis

Wednesday, May 25, 2016 — 7:00pm – 8:00pm  
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park  
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

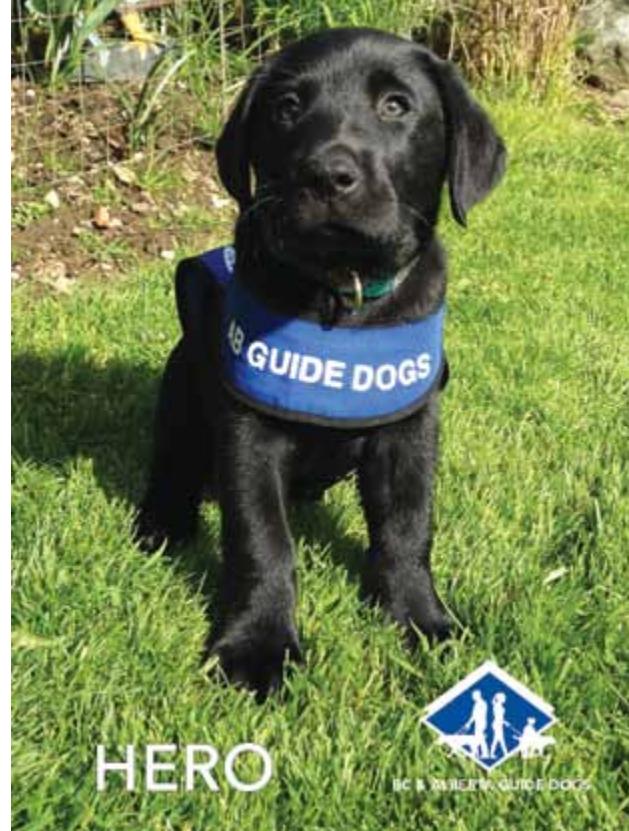
Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspens woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.

#### Supporting Healthy Relationships with your Kids

May 26 5:30-7:30pm

Want to know how you can support your children in healthy relationships? We will review healthy and unhealthy relationships, social pressures on children and strategies in coping with these pressures. It will also give you useful tools and conversation starters to have meaningful discussions with your kids.

**Most programs require registration. See our program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or 403-956-3939.**



## Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email [sandra.cramer@albertaguidedog.com](mailto:sandra.cramer@albertaguidedog.com).

Photo Credit: Alberta Guide Dogs

### Dr. Nenshi's Free Health Talks



403-254-5774

#### How Neck Pain Affects Brain Function - May 25

[www.CalgaryWellness.com](http://www.CalgaryWellness.com)  
**Accepting New Patients**

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



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## IN & AROUND CALGARY

### How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

#### Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

#### Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check [www.calgary.ca/firebans](http://www.calgary.ca/firebans) to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting [calgary.ca](http://calgary.ca) and searching the term 'fire pits'.

### EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. [www.windowssafety.ca](http://www.windowssafety.ca).



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# The Feline Mystique



I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something

better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything - including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

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



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## IN & AROUND CALGARY

### Celebrate Neighbour Day on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) for ideas to help you celebrate.

### Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fairentry](http://calgary.ca/fairentry).



# Healthy Posture Improves Brain Function

Dr. Alma Nenshi, Family Chiropractor

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity, ie. posture.

#### How is the spine the motor of the brain?

The spine houses a delicate system of nerves bundled together forming the spinal cord, that relay information to and from the brain and body. This highway of communication must transmit electrical signals both fast and accurately in order to allow each person the ability to control all the functions of the body while adapting along the way for external and internal stresses. Imagine listening to a beautiful symphony. Now imagine what would happen if each person was to play their instrument however they like. There would be disharmony without a conductor. This is what happens when there is a functional disconnect of the brain and nerves with the organs and systems they supply. There is dysfunction or disease of the body.

The implications of Dr. Sperry's work are far reaching. It supports that if you want to increase your energy, heal your body, improve your intelligence, fix your symptom, whatever it is that you want to control, it is within your personal reach. You can stimulate 90% of your brain by movement in your spine! Become more physically active, improve your posture and get regular spinal check ups to make sure the joints in your spine that feed and stimulate your brain are working at their best.

The facet joints in the neck (joints that connect the bones in the spine) contain the largest concentration of receptor cells that fire signals to the brain. But with stress from sedentary lifestyles, long hours at a computer, for-

ward head posture, spinal degeneration, poor diet, unhealthy emotions, traumas and arthritis and whatever else you want to throw into this mix, is it a wonder why so many worry about how their brain and bodies will function and if they will age gracefully. It's like driving on Deerfoot Trail wanting to go the speed limit but being held back in traffic. You know your health potential, you just aren't able to clear the traffic jams because of interference in the spine.

Even the slightest adjustment in your posture can impact how much stimulation is sent to the brain. Remember 90% of the function of the brain is focused on maintaining healthy posture. So if you have poor posture, how well is your brain functioning? Chiropractic care focuses on maintaining mobility in the spine, thereby enhancing brain stimulation and growth. The results are better posture, healthy functions of the body and healthy adaptation to stress be it physical, emotional, nutritional, electromagnetic, toxins or allergies and sensitivities.

You have the power within you to re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking, being in nature, belly laughter, deep delta sleep and of course, proper chiropractic care.



Animal Trivia

Bats are the only mammals that can fly.

Article by J. Turner

Photo by Andrea S. H. Hunt

## Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

## Walking the Walk

I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I’m a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don’t view walking as ‘exercise’. As movement specialist Katy Bowman says, “Walking is a superfood. It’s the defining movement of a human.” Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it’s all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

*Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.*

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# Snacks for Healthy Eyes

Canadian Association of Optometrists

**Eat your leafy greens** – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!

**Fruits and veggies** – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

**Hummus** – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

**Fish** – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

**Think Orange** – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

**Use leftover turkey** – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.



# Getting a tax refund?

## What now?

Suzanne Smith-Demers – Consultant

If you are claiming a tax refund this year, your next decision is what you should do with it. Here are six ways to make it benefit your financial future:

1. Immediately use your refund to make your 2016 Registered Retirement Savings Plan (RRSP) contribution and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth, plus a tax deduction against your 2016 income.
2. Contribute to investments held in a Tax-Free Savings Account (TFSA). You will not be taxed on the income generated by these investments and you can make tax-free withdrawals for any purpose at any time.
3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient strategy is to hold stocks and equity based mutual funds outside of an RRSP or TFSA because these types of investments are taxed using a more favourable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.
4. Set up a Registered Education Savings Plan (RESP) to fund your children's future education costs. Contributions to investments within an RESP can grow tax-deferred and they may qualify for Canadian Education Savings Grants (CESG) of up to 20% of your contributions.
5. Pay down costly, high-interest credit debt and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds, even thousands of dollars in interest payments.
6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you'll have a ready source of money for a rainy day.

Tax refunds are nice...make sure they are used to enhance your long term financial growth.



## Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!  
[www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw](http://www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw)  
[www.youtube.com/watch?v=VF-LITV1iRA&feature=related](http://www.youtube.com/watch?v=VF-LITV1iRA&feature=related)

By Alan Killian, CFP PGA of Canada

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calgary reads

## Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

### How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.
- Children need books that are "just right"—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

### Ways to make reading fun this summer:

- Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fundraising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website [www.calgaryreads.com](http://www.calgaryreads.com).



## Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

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**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Midnapore/Sundance area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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**NEW, RENO AND REPAIRS:** Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

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~cont'd next page~

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## MISCELLANEOUS

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calgary.shaw@assembly.ab.ca

It is hard to believe that it has been a year since the historic election on May 5<sup>th</sup>, 2015. Over the last year I have had an opportunity to meet many great groups and have had the privilege of getting to know many amazing people. I have held telephone town halls, attended meetings and have had open houses to get to know people in the community. I would like to take this time to reflect on the tremendous work that some of the great people and organizations in the community do.

We have many community minded individuals who contribute many hours (often unappreciated) into the community that they call home. I really appreciate all the hard work performed by people who volunteer in their local community associations; from organizing community events to maintaining the ice at the community rink. I have observed sincere dedication from the individuals in Somerset who maintain the water park to the residents in Mid-Sun who I have had the honour to present a \$125,000 grant for a community upgrade.

I have met many independent and small business operators who have made huge sacrifices to help their employees during these hard economic times. They are some of the most important job creators and as we look to recover I look forward to working with them re: how we can strengthen the market for them to compete.

I have enjoyed connecting with the Friends of Fish Creek who work to beautify Fish Creel and educate people about the most used provincial park in Alberta. They have been instrumental in finding a suitable way to upgrade the natural gas line that cuts through that area. This was a project that I started getting involved in only days after the election.

I often speak about the great work that St. Mary's University offers for the community through its Humanities 101 program. The university is also a very efficient university with your tax dollars and is one of the fastest growing in Alberta. I am always proud to advocate for this great institution.

Recently I was quite humbled to be appointed Chair of Alberta's Economic Future committee which was held by a previous Calgary Shaw MLA, Cindy Ady. A component of the committee work is to conduct a review of a significant portion of the budget and it has been tasked with the review of PIPA (Personal Information Protection Act).

I want to thank all residents of the Calgary Shaw riding for putting their trust in me and I look forward to additional opportunities to get to know you even better.

To all those who are in the role of mother - Happy Mother's Day!

From the week May 9 to the 15 I will be posting "unknown facts" about your MLA on social media. These light hearted fun tidbits offer a fun way for you to get to know me better. You can find them on twitter @graham-sucha or search Graham D. Sucha on Facebook.

My office can provide Notary Public and Commissioner for Oaths services (it's a good idea to make an appointment) and provincial pins, if you need a few.

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## COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14  
eaward14@calgary.ca or 403 268-1653

Greetings Ward 14!

Normally in May we would just be starting to venture out into the outdoors after our winter hibernation, but this year it feels like we have had several months of spring already.

### Spring yard waste drop-off at City Landfills

There has also already been a month for you to bring your spring yard waste to City landfills free of charge. Why mention it now? Because you still have almost another full month left. All City landfills will be accepting leaves, branches, and plants until May 29, but make sure they are in a paper yard waste bag or left loose. Free mulch is also available at all City landfills until May 29. You can find details at calgary.ca/waste.

### Preventing theft in Ward 14

I recently came upon some very interesting statistics courtesy of the Calgary Police Service. They broke down Calgary's break and enter (B & E) statistics by community. In all, Ward 14 fared well in comparison, but a couple of salient points were apparent. Almost half of residential B & Es were unforced entries, and the vast majority of garage B & Es were unforced. Can you imagine how much crime we could stop by just locking our doors?

Here are some crime prevention tips from the Police:

- Do not leave garage doors open
- Keep the door to your attached garage locked
- Keep your front, rear, and patio doors locked, even when at home
- Do not leave valuables near the entrances in your home
- Do not leave your vehicles unlocked when parked outside
- Do not leave your garage door opener in your vehicle
- Close all windows and doors at night

They may seem like common sense, but sometimes that seems less common than it ought to be.

Two more key points: do not be afraid to report suspicious activity to the police, and get involved with your local community association. The police visit them regularly to share information and hear concerns. You can contact the police at 403-266-1234 for non-emergencies, and at 911 for emergencies.

### May Counciltalk

As always, thank you to everyone who turned out for my April Counciltalk meeting. I learn new things every time, and I hope others do too. There are only two more Counciltalks before the summer. We will meet on May 14 between 12 p.m. and 2 p.m. at the Bonavista Downs Community Hall (1418 Lake Ontario Road S.E.). You will always be able to find details and future dates at calgary.ca/counciltalk, and I also send email reminders about upcoming Counciltalk sessions and other things. You can sign up for reminders at calgary.ca/ward14connect.

I hope you know that you can always contact me in a few different ways. For one, you can fill out the contact form at calgary.ca/ward14. You can also call or email. I do not usually include my phone number and email in the body of this column because they are shown in the header, but just in case they are: 403-268-1653 and eaward14@calgary.ca.

Goodbye for now!

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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
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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 childcare@midsun.org
Midnapore OOSC Program	Servicing Midnapore School	403-254-0288 midnaporeoosc@midsun.org
MLA	Graham Sucha	Graham.Sucha@assembly.ab.ca
Ward 14 Counsellor	Peter DeMong	ward14@calgary.ca

## BRAIN GAMES SUDOKU

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

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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
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South Health Campus	403.956.1111
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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

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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

**GIGANTIC INDOOR GARAGE SALE:** Saturday, May 28, 8am-2pm. Deer Park United Church. 77 Deer Point Road SE. Hardware, kitchenware, toys, jewelry, artwork, linens, books, electronics, sports equipment.

**LONG-TIME MIDNAPORE OWNER** is looking for help with perennial garden. Call 403-254-9129.

**BOTTLE DRIVE:** Raising funds for the Alberta Cancer Foundation by collecting bottles for recycling at your address. Tax receipts over \$10 donations are issued. Jesus: 587-433-5305. Participant: ID 200694-3.

## MAY MOON CALENDAR



Calgary



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# ReTree YYC Fair

Stop by and learn how to care for your trees.

Our free event will have tree experts, giveaways, games for kids and a food truck. Visit [calgary.ca/trees](http://calgary.ca/trees) for more information about the ReTree Community Program.

**Saturday, May 14, 2016**

**12 – 4 p.m.**

**North Glenmore Park**

*(Snowy Owl picnic site – only accessible from Crowchild Trail SW)*

**Free mulch!**

We will have free bags of mulch on a first come, first serve basis.

2016-0600



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TUESDAY	1/2 bottles price of wine, 25 cents wings
WEDNESDAY	KIDS EAT FREE (10 and under)
THURSDAY	Martini night \$6 & Karaoke
FRIDAY/SATURDAY	LIVE BANDS Starting at 9 pm
SUNDAY	Sunday Industry night

**NOW OPEN AT 4PM**