

The background of the entire page is a close-up photograph of several bright orange poppies with dark centers, set against a blurred background of greyish-brown foliage. At the top, there is a large, stylized red maple leaf graphic that serves as a backdrop for the title.

Mid-Sun

messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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NOVEMBER 2016

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JOIN THE FIGHT FOR MEN’S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men’s health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men’s health	For the 30 days in the month formerly known as ‘November’
02 MOVE	Get active for men’s health	Raise funds for men’s health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men’s health	Anytime, anywhere, during the month of November



Mid-Sun Community Association
50 Midpark Rise SE
Calgary, Alberta
Phone 403.254.8058 | Fax 403.256.373
info@midsun.org | www.midsun.org

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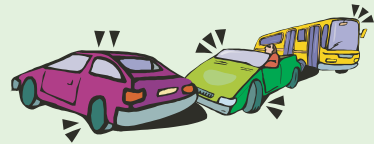
GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING MID-SUN FOR 21 YEARS!

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

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



Check out our new look!
Visit 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



FOLLOW US ON TWITTER

[@midsuncommunity](https://twitter.com/midsuncommunity)



CASINO

Dec 12/13 2016
Deerfoot Inn Casino

Help Mid-Sun Community Association Raise Funds to keep our Facility viable. If you or your children are in a program at the Centre we will issue credits towards the program of your choice.

Shifts: 11am-7pm
6:30-close
10:00pm-close

Please Contact Rose-Marie: 403-256-7306 /
rmcreations@shaw.ca



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



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NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

HAPPY FALL

We hope that everyone is having a wonderful fall.

Please watch our website (www.midnaporelake.ca) or our Facebook page for changing park hours. We will reduce our park hours during the fall season and then extend them again once we open for the winter season.

2017 INVOICING

Please be advised that invoices for 2017 fees will be mailed to you before December 1st, 2016. These invoices are due and payable before January 1st. Office hours will be extended in December and January to accept payments (please check the website, www.midnaporelake.ca, for details).

Please note that fees for 2017 will be \$225.00 + GST = \$236.25. This increase was discussed and agreed to at the AGM held on April 28, 2016.

RULE REMINDER

As we move into winter, we would like to remind everyone of some of our ice fishing rules: During winter ice fishing season, each person fishing will be allowed two (2) lines in the lake at one time.

As always, please make sure you have read the lakes rules and regulations.

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 for more information.

MIDNAPORE LAKE BOOKINGS

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

NOVEMBER MOON CALENDAR





“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
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
- Twitter @MidSunCommunity

Accountant
Stanley Doherty, CPA, CMA
#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
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View the Mid-Sun Messages online at www.midsun.org



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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 2016 to May 31st 2017

2016/2017 Memberships are free with valid I.D.

If you hold a 2015-2016 membership card, you must come into the centre if you wish to renew

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 ?

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☐ Fundraising

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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

- 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

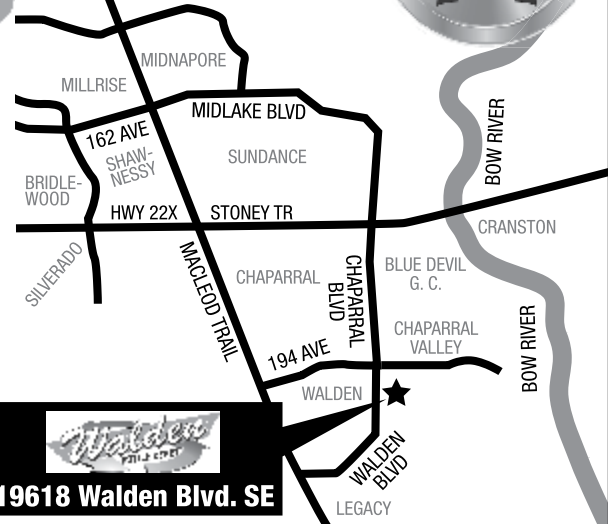
Mid-Sun reserves the right to cancel any recreation program with insufficient registration. Full refunds will be given or you can transfer to another program (space permitting).

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Other Locations Available

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IN & AROUND SCHOOLS Sundance Elementary School

November will be another busy month! We will take time to remember and learn about those who have served our country on Remembrance Day. Please watch your email for ceremony details and feel free to join us.

Our gymnastics unit takes place during the month on November. Please ensure that your child is dressed appropriately to climb, balance and tumble. The monthly newsletter will contain advice for how students should dress to reduce the chance of injury.

Parking reminder! Morning and afternoon drop-offs and pick-ups are a busy time around Sundance School. We want to ensure that everyone gets to and from school safely. Please do not park in the zone designated for the buses. Also the staff parking lot is for staff only. This is not a place to load or unload children. This is a safety issue for everyone. Please park in front of the lake where there are ample spaces.

Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.

Important Dates to remember:

Nov 11 & 25 Non-Instructional Days
Nov 2 Sundog Lunch
Nov 3 Picture Retakes
Nov 24-25 Parent Teacher Interviews
Nov 29 Gr 2 FI to Glenbow Museum
Nov 29 School Council Meeting at 7pm

Thank you,
Jocelyn Zoller



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

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

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

3-1-1 24 hour Information on all City of Calgary Services, or www.calgary.ca

4-1-1 24 hour access to telephone directory listing across Canada (there is a charge for this) 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

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MID-SUN 55+



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Lake Midnapore Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	900,000	407,000	602,000	27	6
BUNGALOW	520,000	341,000	400,963	35	20
3 & 4 LEVEL SPLITS	500,000	366,000	427,350	19	5
BI-LEVEL	502,000	300,000	390,333	48	6
ATTACHED	360,000	280,000	307,895	47	19
CONDO	570,000	198,500	303,797	52	16

Lake Sundance Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,460,000	339,500	575,436	47	59
BUNGALOW	1,280,000	328,000	484,597	35	18
3,4,5 LEVEL SPLITS	475,000	379,800	427,023	43	13
BI-LEVEL	453,000	436,000	443,667	29	3
ATTACHED	420,000	342,000	389,000	23	3
CONDO	397,000	320,000	349,825	53	4



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IN & AROUND CALGARY

Programs and Events in Fish Creek

Winter Birding Course

12 Week Winter Birding Course starts Monday, January 9, 2017

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conduct these outings as a fundraiser for the Friends of Fish Creek.

Registration Required and Space is Limited. For more info, including fees and course times, and to register visit www.friendsoffishcreek.org/programs/birding-course

Alberta Parks - White Goat and Siffleur Wilderness Areas of the Central Rockies

Thursday, November 24, 2016 7:00 pm - 8:00 pm

Presented by Graham Thursfield Visitor Services Coordinator - Rocky Mountain House

Wilderness areas along the Central Rockies are home to incredible wildlife and spectacular scenery that many of us in the Calgary area may not think of visiting. This is your chance to see and learn about some magnificent spots in our Parks network. Join our presenter Graham Thursfield for this virtual grand tour of some magnificent places. For more info stay tuned to www.friendsoffishcreek.org/programs/speaker-series

Push To Open Nature Speaker Series

The Place for Parks and Nature at End of Life

Thursday November 3, 2016 7:00pm—8:30pm Fish Creek Environmental Learning Centre

We all feel it, whether looking outside, at a beach, in a field, or on a mountain - nature gives us perspective about life and death. Join us to hear the discoveries and practical applications of lead researchers Sonya Jakubec, RN, PhD (Associate Professor, School of Nursing and

Midwifery, MRU), and Don Carruthers Den Hoed, PhD candidate (East Kananaskis Area Manager— Alberta Environment and Parks, and Adjunct Professor, School of Nursing and Midwifery, MRU). Together this team bridges their work in nursing care and parks management in order to understand the role of parks in community health.

To register please contact Jill Jennings: Jill.Jennings@gov.ab.ca or 403-297-7850.

Show Your Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular autumn, winter, and spring birding courses, a subscription to our newsletter Voice of the Friends, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations. We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park. All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.





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www.tricocentre.ca





Midnapore-Sundance mybabysitterlist

Name	Age	Contact	Course
Owen	11	587-277-5555	Yes
Abigail	12	403-875-7982	Yes
Dayna	12	403-256-0911	Yes
Ariana	12	403-993-9146	Yes
Lenore	12	587-703-0406	Yes
Kaija	13	403-701-1146	Yes
Brandon	14	403-570-9899	Yes
Samantha	14	403-686-7479	Yes
Rory	14	403-605-6558	Yes
Julia	14	587-888-6980	Yes
Cassidy	15	587-583-5418	Yes
Sophia	15	403-225-9309	Yes
Cailin	15	jenwelsh2012@gmail.com	Yes
Kaya	15	jenwelsh2012@gmail.com	Yes
Grace	15	403-256-8802	Yes
Liv	15	403-619-6399	Yes
Jadelyn	15	403-201-6628	Yes
Kaitlyn	15	403-200-7820	Yes
Kayleigh	16	403-618-7605	Yes
Kelsie	17	403-605-6558	Yes
Genelle	18	403-931-8811	Yes
Kendall	19	403-771-6386	Yes
Megan	19	403-993-2964	No
Nola	30	587-284-8149	Yes
Bridget	35	403-252-4450	Yes

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit 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.

IN & AROUND CALGARY

EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.

Calgary Southeast Events

Canadian Pacific Remembrance Day Service

More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

Free Swim at Bob Bahan Aquatic and Fitness Centre Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

Christmas in Inglewood - Nov 18, Nov 20

Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



The Red Crossbill

By J.G. Turner
Photo by Andy Reago
& Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make themselves visible
- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at www.calgarywildlife.org for more information.

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Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

Shawnessy Village Shopping Centre
134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3



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 to find out more.

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.)

Wellness Access Program

- Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- 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.

Families, Children & Youth

All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

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, youth 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 to find out more.

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How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. “The boys wanted it”; this is the story my husband gets and I’m sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called “Gecky”.

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can’t even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve’s veggies and fruit into pieces “smaller than the distance between his eyes”. Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don’t limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you’re considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won’t be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

Jennifer L. Scott, D.V.M.



MidSun Real Estate Update

Last 12 Months MIDNAPORE
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$434,900.00	\$430,000.00
August 2016	\$410,000.00	\$393,000.00
July 2016	\$359,000.00	\$341,000.00
June 2016	\$380,000.00	\$380,000.00
May 2016	\$366,950.00	\$355,000.00
April 2016	\$386,394.00	\$385,875.00
March 2016	\$344,900.00	\$315,000.00
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

Last 12 Months SUNDANCE
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$482,450.00	\$466,500.00
August 2016	\$489,900.00	\$476,500.00
July 2016	\$546,944.00	\$527,500.00
June 2016	\$499,900.00	\$481,500.00
May 2016	\$465,950.00	\$470,829.00
April 2016	\$522,400.00	\$513,500.00
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

To view the specific SOLD Listings that comprise the above
MLS averages please visit midnapore.great-news.ca or
sundance.great-news.ca

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 30

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~cont'd next page~

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BRAIN GAMES SUDOKU

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



COUNCILLOR, WARD 14
PETER DEMONG
www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Hello Ward 14,
There is one theme to every November column: my Ward 14 Communities BBQ. It takes a lot of space to thank everyone, so I will just briefly touch on a timely topic. The website calgary.ca/snow is full of information on a subject that is self explanatory, and likely to be relevant over the next few months.

Ward 14 Communities BBQ: wrap-up and many thanks!

I want to thank everyone who attended for helping make my Ward 14 Communities BBQ a huge success this year. I estimate we had more than 2,000 people visit, and we will be giving thousands of dollars to Ward 14's Community Associations. I hope to see you there next year if you weren't able to attend.

Those who did attend can attest to the fact that my BBQ is beginning to become a victim of its own success. I want to apologize to anyone who made the trip, but was unable to get a burger, beverage, or free membership due to limited supply. Sponsorship funds have been hard to come by recently because of the economic conditions that we find ourselves in. That—along with the BBQ's sudden increase in popularity—necessitated that a limit be put on the number of free memberships given away.

Of course, there are many people to thank for this huge success. There were so many community groups, exhibitors, volunteers, and of course the community associations themselves who helped. I have to say this every year: there are not enough words to describe how grateful I am.

There is one group in particular that deserves a very special thank you. They gave their time and opened up their wallets.

Thank you to the Ward 14 Communities BBQ's generous sponsors:

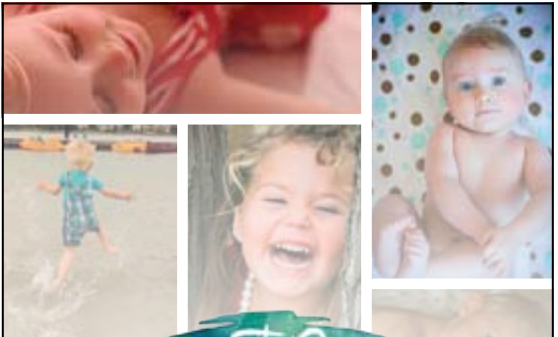
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- United Communities

I hope to see you next fall at my 7th annual Ward 14 Communities BBQ too. You can be assured that I will be doing everything in my power to make my BBQ an even bigger and better experience for you in 2017.

I don't know the exact date yet, but it will be posted at calgary.ca/ward14bbq when it is scheduled, and you can visit calgary.ca/ward14connect to sign up for email updates.

Feel free to contact me anytime, and don't forget to get yourself a poppy!



Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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Mid-Sun Community Association

50 Midpark Rise S.E. T2X 1L7 • Tel: 403-254-8058 • Fax: 403-256-3736 • www.midsun.org

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	communityrelations@midsun.org
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



District 8

Mid-Sun Service Centre
450 Mid Park Way SE
Phone 403-428-6800

Office Hours

Monday to Friday 9:00 am – 7:00 pm
Saturday & Sunday 8:00 am – 6:00 pm

Closed Holidays

SUNDANCE LAKE RESIDENTS ASSOCIATION LTD. Lake Facilities

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Phone Lake Office: 403-256-4728
Fax Lake Office: 403-256-9677
Email: lakesundance@telus.net
Website: <http://www.lakesundance.org>

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
Social Service Info & Referral	211
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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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

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

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I am proud to be the MLA for Calgary Shaw, a riding I believe is one of the most vibrant in the province. It's my pleasure to share a few upcoming developments that will have an impact on your city and communities. I look forward to hearing from you with any questions or concerns.

Fish Creek Park

Recently, I had the opportunity to join Hilo, Diesel, and Seuss, three K-9s who normally guard our borders from invasive zebra mussels, at an exciting event in Fish Creek Park. They will be spending the winter helping park officials map the invasive weed *thesium arvense*. Fish Creek Park is the weed's only known location in Canada. Once mapped parks officials will contain and eliminate this weed which restricts the ability of native plants to flourish. Together with the great work that the Friends of Fish Creek are doing to combat invasive weeds in the park, this initiative will help ensure the Park is available for all to enjoy for many years to come.

City Charter

Our government is continuing to develop a City Charter for both Calgary and Edmonton in consultation with community members and businesses. This is about much more than just taxes. The City Charter will help define the relationship between the City of Calgary and the Provincial Government to help support community planning, environmental stewardship, and administrative efficiency. The City of Calgary's population is larger than half the Canadian provinces and as such deals with unique challenges around housing, utilities, and traffic regulations among other issues. The current legislation was put in place when Calgary was a town of 100 people. This Charter will help modernize Calgary and maintain it as a competitive city. Your feedback is important and will help create a Calgary you can be proud of. Please send any comments on the Charter to my office.

Education

Our government is in the process of reviewing our edu-

cation curriculum. As a former business operator, one thing that I noticed was the fact that our schools sometimes fail to prepare our children for work in the private sector. As we move into a more global market, our kids will be competing with graduates from all over the world, so it is important that our education system stays modern and competitive. We will be soliciting public submissions online or you can contact my office directly for input on these important issues.

'Extra Life' Fundraiser

On November 5th starting at 11:00am, I will be participating in the fundraiser "Extra Life", a 24 hour gaming marathon, to support **The Children's Miracle Network**. My team will be participating from my office and we will be open for the full 24 hours. Join me and my team while we play some retro video games, share coffee and pizza, and support a wonderful cause! I hope to see you there.

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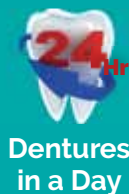
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