Mid-Sup messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER Delivered monthly to 6,800 households

OCTOBER 2016

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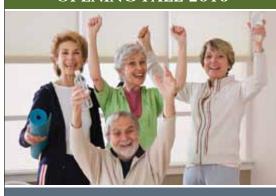


Sean Britton

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WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today LIGHTTHENIGHT.CA













Mid-Sun Community Association

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 Community Centre, 50 Midpark Rise SE, in the Meeting Room Everyone is welcome to attend

MID-SUN BUSINESS

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

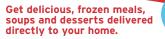
Come Be A Part Of Things At Mid-Sun

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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HEART TO HOME MEALS

Mid-Sun HALLOWEEN PARTY & HAUNTED HOUSE FRIDAY, OCTOBER 2.9TH

Ages 3-8 years: 5:00-6:30pm Age 9-12 years: 6:45- 8:45 *The age times are guidelines. If there are siblings that wish to come together, that is acceptable.

Cost: Members: \$3 per person or \$10 per family Non Members: \$5 per person or \$15 per family (family price includes 2 adults and up to 4 children) Get ready for a Spooktacular Night of Halloween Fun! This party will include: Haunted House Bounce Castle Halloween Games Dance Party Costume Contest with prizes for best costume Treasure Hunt Halloween Crafts New this year — a kid friendly Haunted House!

"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





View the Mid-Sun Messages online at www.midsun.org



MID-SUN COMMUNITY ASSOCIATION MEMBERSHIP

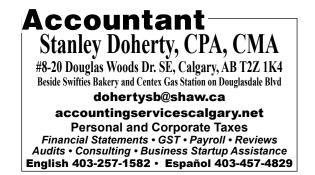
To receive a membership to your community association, you can fill out the form below and bring it into the Mid-Sun Community Centre. 50 Midpark Rise SE, Calgary. **Memberships valid June 1**st **2016 to May 31**st **2017**

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 C	ode:
Phone Home:		Phone Cell:	
Email:			
Would you like to receive in	formation and updates fro	m the Mid-Sun Comm	unity Association? Yes No
Would you be interested in	volunteering ?		
Board of Directors	Special Events	Fundraising	Seniors Events





MID-SUN COMMUNITY CENTRE



Check Out our Facility and Rates

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

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

Facility Fees

Room	Regular Rates
Full Gym	\$80.00/hr
Half Gym	\$50.00/hr
Meeting Room	\$50.00/hr
Midnapore Studio	\$50.00/hr
Sundance Studio	\$45.00/hr
* All waters in alunda CCT	

* All rates include GS1

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





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).



FALL 2016 RECREATION

PROGRAMS

Recreation programs have now started, but it's not too late to register. Registration can be made up until October 15 and we will prorate your fees!

All times, dates, classes and program schedules are subject the change. Please see the website for the most recent, up to date information: http://www.midsun.org/online-registration/



PARENT AND TOT PROGRAMS

Zumbini

Thursdays: 9:15am-10:00am

Until November 24 Instructor: Pamela Murphy Ages: Caregiver and baby up to 4 years old (max 3 children to one parent) Cost: \$140 M / \$150 NM Are you tired of the same old nursery rhymes? Designed to let you and your little ones wiggle, sing and learn together, the Zumbini program is where the science of child development meets the magic of Zumba[®] for the ultimate bonding experience.

PRESCHOOL PROGRAMS (age 3-5 years) Tiny Dancers

Tuesdays: 4:30pm – 5:15pm Until November 22

Ages: 3-5 years Instructor: Karen Berry Cost \$80 M / \$90 NM Nurture the dancer in your child. Encourage them to spin, pivot and pirouette across the floor. Help them learn even more by signing up for this class where they will be introduced to the basics of the dance world and they will be encouraged to love creative movement and expression. There's a tiny dancer in all children; this class gives them space to shine.

KIDS PROGRAMS New lower prices on our kids programs!

Rookie Rugby Mondays: 6:00pm-7:00pm

Ages: 4-7 & 8-12 Until November 22 No class October 10 Instructor: Kaley Cost: \$50 M / \$60 NM

The game of Rookie Rugby is played with flags to replace the action of tackling. Rookie Rugby is an easy to play game for all ages! The rules are simple, the game is easy to learn and minimal equipment is required. Kids will learn sports skills that carry over to a multitude of sports as well as getting active. Kids will be split into two different age groups.

Youth Basketball

Mondays: 5:00pm-6:00pm Age: 6-9years OR

Mondays: 6:00pm-7:00pm

Age: 10-13 years Until November 28 No Class October 10 Instructor: Leslie Kwan Cost: \$90M / \$100NM Whether you are a beginning basketball player or you are striving to play in the NBA this class will teach you the fundamentals skills to be a successful basketball player. Shooting, passing, ball handling, 1 vs 1 skills, moving without the ball as well as defensive concepts will all be covered in this fun class.

Floor Hockey Thursdays 5:00pm-6:00pm

Age: 6-12 years Until November 24 Instructor: Eric Welde Cost: \$80M / \$90NM Come play the great Canadian Classic, Hockey! Learn new skills from Coach Eric in a fun, non-competitive environment. This is a great class to get active, have fun and meet new friends. No experience required. Bring your own stick.

Multi-Sport

Wednesdays: 6:00pm-7:00pm Until November 23 Ages: 4-7 & 8- 11 Cost: \$75 M / \$85 NM

Try: Hockey, soccer, football, baseball, basketball, volleyball, and rugby all in one class. Each day will be a new sport. Multi-sport classes are great for school aged kids. They help children develop natural athleticism, preparing them for later specialization, in a fun, non-competitive environment. And they're a great way to keep active kids from getting bored!

Youth Dodgeball Wednesdays: 5:00pm-6:00pm

Until November 23 Age: 8-12 years Instructor: Steve-O Cost: \$45M / \$55NM

Fridays: 4:30pm-5:30pm

* 8 Week program* Age: 8-12 years Until December 9 No Class October 28; November11; November 18; December 2 Instructor: Steve-O Cost: \$40M / \$50 NM Dodge, Duck, Dive and Dip. This

program provides participants with a supervised environment to learn this fast pace game and work on their ball handling skills.

Youth Tennis

Tuesdays: 4:00pm-5:00pm Age: 6-9 years Tuesdays: 5:00pm-6:00pm Age:10-13 years Until November 22 Instructor: Scott from Universal Tennis Cost: \$115 M / \$125 NM Are you the next Eugenie Bouchard or Milos Raonic? Come try tennis! Learn the basics of the sport and then play against your friends in a mini game. Join instructor Scott to learn the amazing game of Tennis. Scott is Tennis Canada Certified: Club pro1. No experience necessary. Rackets provided.

Zumba Kids

Tuesdays: 5:15pm-6:00pm Until November 22 Ages: 5-9 years Instructor: Karen Berry Cost: \$90 M / \$100 NM This class is perfect for our younger Zumba Fans. A rockin' high energy dance party packed with kid friendly routines set to their favourite music.

Kids Yoga

Tuesdays: 6:00pm-7:00pm Until November 24

Ages: 5-10 years Instructor: TBD Cost: \$70 / \$80 NM

A FUN class using imagination to combine yoga poses with songs, activities, partner yoga and games. Children will learn breathing and relaxation techniques as they stretch, breathe and celebrate life together. Children will develop focus skills, body awareness, self-concept, confidence, creativity, communication skills and community through mindful movement and play.

Artrageous

Tuesdays 5:30pm-6:30pm

Until November 22 Ages 7-11 years Instructor: Lee H. Cost: \$90 M / \$100 NM (All Supplies are included) Come and discover the artist within you! This class will encourage kids to explore their creative side through a variety of arts and crafts. Learning different sketching techniques to fuel your passion and let your creativity soar!

TEEN PROGRAMS

Yoga for Everyone

Tuesdays: 4:45pm- 5:45pm Age: 13-18 years Until November 22 Instructor: Tracey Short

Cost: \$65 M / 75 NM Teen yoga is a dynamic flowing class which quickly builds strength, flexibility and focus. This class is great for teen athletes, as well as for teens liking to get fit in a non-competitive environment.

Teen Dodgeball

Wednesdays: 6:00pm-7:00pm

Age: 14-17 years Until November 23 Instructor: Steve-O Cost: \$45M / \$55NM Dodge, Duck, Dive and Dip. We're bringing the exciting game of dodgeball to teens. Bring on the competition and sportsmanship that build friendship and promote fair play. Whether you win or lose, we believe in having fun, being spirited and having a great game.



ART PROGRAMS Watercolour Painting:

Beginner

Wednesdays: 7:00pm-9:00pm Until November 23 Instructor: Gabriele Lvnch

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

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. A variety of techniques and subjects will be covered to get you on the road to your own artistic expression. Great for those who have no experience or for those who have previous experience but would like a little refresher! Register early as classes fill fast. One Piece of Watercolour paper included.

Watercolour Painting: Intermediate

Thursdays: 7:00pm-9:00pm Until November 24 Instructor: Gabriele Lynch Cost: \$155 M, \$165 NM (supplies not included)

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

Watercolour Painting: Advanced

Fridays: 10:15am – 12:45pm Until December 2 No class November 11 Instructor: Gabriele Lynch Cost: \$165 M, \$175 NM (supplies not included) Do you love painting flowers, barns, landscapes and wildlife. If so, then our Watercolour Studio is for you! Bring your ideas and have a little extra coaching from Calgary artist Gabriele Lynch. Some experience in watercolour painting required, preferably having completed the first two sessions with Gabriele. One Piece of Watercolour paper included.

Drawing

Tuesdays: 10:30-12:00pm Until November 22 Instructor: Calgary Illustrator Michael Grills Cost: \$140 M / \$150 NM

The specialization of the Drawing class has yet to be determined. Please check our website for updates

Acrylics with Alexander

Wednesdays: 11:00am-1:30pm Until November 23

Instructor: Alexander Ivanov Cost: \$215 M / \$225 NM (supplied not included)

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

ADULT FITNESS PROGRAMS Hula Hoops

Fridays 5:00pm-6:00pm Until December 2

No class November 11 Instructor: Celeste Cost: \$120 M / \$130 NM

These classes are total fitness for the mind & body. Hula Hooping stimulates your senses and heightens your energy level. Beginners welcome! Hula hoop class is designed to suit all levels of fitness and skill. This class is fun! Beginning with yoga stretch-



es, followed by a full body, high cardio, low impact workout. You will learn belly hooping, hula hooping with your feet, one hoop, two hoops, three hoops, four, and then five Hula hoops separated on your body! Always growing! This is a great chance to find your own groove and really dance like no one is watching. Hula Hooping is a fun and exciting form of self-expression that will give definition to your abs, tone your arms, and nurture your confidence. We provide the hula hoops and Yoga mats.

Cardio Blast Wednesdays: 7:00-8:00pm

Until November 23 Instructor: Tracey Short Cost: \$120 M / \$130 NM Feel the difference cardio training can make. Kick, step and tone with our inventive Cardio Blast class.

A mix of kickboxing, Bootcamp, Step and low intensity cardio combining low and high impact moves, as well as core exercises to keep the body guessing at each class.

Max Intensity HIIT

Tuesdays- 7:00pm – 8:00pm Until November 22 Cost \$90 M, \$100 NM

Get your fitness HIIT (High Intensity Interval Training) with this amazing class! An intense hour comprised of high intensity cardio intervals with strength training for a total body workout to maximise your fitness results. This class is designed to push each move to your maximum effort, you should feel completely wiped at the end of this class.

Worth the Weight

Tuesdays: 7:00pm-8:00pm Until November 24

Instructor: Danielle Cost: \$120 M / \$130 NM One of the most important parts of

our fitness routines is often the part that we neglect to include as often as we should- weight training. In this class we will be using a combination of light moderate and heavy dumbbell weights to get an "all over" workout designed to create lean, strong muscles, help burn fat, and boost your metabolism! All levels of fitness are welcome, all equipment provided.

Yoga at Your Level

Mondays 8:00pm-9:00pm September 19-November 28 No class: October 10 OR Wednesdays: 6:00pm- 7:00pm September 21 – November 23 Cost: \$110 M / \$120 NM Have you always felt intimidated by large group yoga classes in the studios around town? Worried that you'll be the least flexible person in the room? Yoga at Your Level is the answer! Our instructor, Gladys tailors all her classes to suit the group she's working with. She will adjust and help you to have you feeling like a true Yogi in no time! Learn about the

basics of yoga and never feel left out again. (Please bring your own mat)

Yoga for Everyone

Tuesdays: 4:30pm- 5:30pm Until November 22 Instructor: Tracey Short Cost: \$65 M / 75 NM

Yoga is a dynamic flowing class which quickly builds strength, flexibility and focus. This ALL LEVELS class consists of a flowing practice designed to help you find foundational strength, freedom of movement and a connection to your breath, helping you feel grounded, energized and inspired.

Fab Fitness Friday

Fridays: 6:00pm-7:00pm Until December 9 No class November 11; October 28 Cost: \$120 M / \$130 NM Looking for a workout to start your weekend off right? This full body workout will use a variety of everything: Body weight, free weights, TRX, incorporating cardio for an "all over" body workout. All fitness levels

Mid-Sun Run Club

Tuesdays: 6:00pm-7:00pm Until December 6

(12 weeks)

welcome.

Cost: \$20 M / \$25 NM

Group running is a fun way to motivate people to keep up their exercise routine, you get to meet up with other like minded people, run together,

share training and running tips or just enjoy the camaraderie. All abilities are welcome, from those at a walking stage, up to a very high standard and everyone will improve with programs. You'll make new friends and look forward to weekly catch-ups, meaning you're less likely to miss a session, you can share advice and experience and improve your times. Join the run club and keep your exercise routine fresh and rewarding.

55+ FITNESS PROGRAMS

55 + Fit and Fabulous

Mondays: 10:30am-11:30am Until November 28 Cost: \$70 M / \$80 NM Instructor: Tracey Short This class is designed for active people over 55 to improve your overall fitness levels. Using gentle, light weights and simple cardio exercises you can improve your strength and overall fitness. No experience necessary.

Gentle Stretching and Fitness

Mondays: 9:30am-10:15am Until November 28

Cost: \$50 M / \$60 NM Instructor: Kaley

Join this active class designed to enhance your cardiovascular/respiratory systems. Then maintain or improve your bone density and balance with strength-building exercises. And finally, enjoy a 10-minute relaxation and stretch at the end of class to start your week off balanced.

55 + Yoaa

Tuesdays - 10:30am - 11:30am Until November 22 OR

Thursdays 10:30am-11:30am Until November 24

Cost: \$70 M / \$80 NM Instructor: Tracey Short

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

55 + Zumba

Wednesdays: 10:30am-11:30am

Until November 23 Cost: \$70 M / \$80 NM Instructor: TBD Perfect for adults who are looking for a fun Latin inspired dance class with easy to follow choreography at a lower intensity.

Line Dancina

Thursdays: 9:30am-10:30am

Until November 24 Cost: \$70 M / \$80 NM Instructor: Joe Smith Try line dancing for fun and fitness!

Join instructor Joe- the best in the city to learn this versatile dance. You can enjoy dancing to all music types, from country to Latin, from the oldies to the top 40! The best part, you don't even need a partner! This class isn't just for seniors, it is open to everyone!

55 + Tai Chi

Fridays: 10:30am-11:30am Until December 2 No class: November 11 Cost: \$70 M / \$80 NM Instructor: Leslie Kwan Tai Chi is a Chinese physical system used to improve and maintain health by using slow, smooth body movements to achieve a state of relaxation

of both mind and body. Join instructor Leslie in this ancient exercise, which is a gentle way to improve balance, flexibility, bone strength and concentration.



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

Calling All BABYSITTERS

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.

Free Health Talks

Plantar Fasciitis Sat Oct 15 @ Noon Get A Free Cold Laser Demo & Computer Foot & Gait Scan





Wed Oct 26 @ 6 PM

Get A Free MindFit Therapy Demo Session for Pain Relief!

Infertility + Pregnancy

Wed Nov 30 @ 6 PM Improve your chances for conception and pregnancy.



403-254-5774 CalgaryWellness.com



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SHAWNESSY



70 Shawville Blvd SE, Calgary (587) 353-6517 **CENTENNIAL VILLAGE**

31 Southridge Drive, Okotoks (403) 995-6517

Exchange this ad to receive offer • Valid only at COBS Shawnessy and COBS Centennial Village from October 1, 2016 to November 2, per visit • While quantities last

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

ww.lakesundance.org
akesundance@telus.net
403-256-9677
403-256-4728

Lake Sundance

Annual General Meeting

The next annual general meeting will be held at 7:00 p.m. on Tuesday October 18, 2016 at the lake. Please bring your lake cards for ID. The following items will be on the agenda: • Presentation of the auditor's report • Election of Board of Directors

IN & AROUND Schools

Sundance School

The Sundance School staff wishes to welcome back to our school, returning families and welcome the new families who joined our learning community. Parents and students have had the opportunity to meet the teachers, participate in our Welcome Back Breakfast and our annual Terry Fox Assembly and Run. We have also had our first school council meeting.

As the year progresses, we look forward to many exciting events. Please look to this newsletter, the school newsletter and the website schools.cbe.ab.ca/b267/ to keep up to date on all the wonderful things happening at Sundance this year!

Sundance Parents Association (or SPA) will be participating in a Casino fundraiser on Thursday, October 13 and Friday, October 14, 2016 at the Deerfoot Inn and Casino. Our last casino event in 2014 raised \$70,000 that enriched the academic program at Sundance School. We look forward to seeing our amazing parent volunteers, whose help will make this year's Casino event another great success.

There will be a school council meeting on October 19 at 7 pm in our school's library/learning commons. All are invited to attend to learn more about Sundance School and what goes on behind the scenes to make this school so great! One group of teachers will be presenting and celebrating their work with students to the parents who attend.

October 6 will be our first special student lunch date, called Sundog Lunch. Watch for more information communicated through the monthly newsletter and/or by email.

Our annual Family Halloween Dance will be on Friday October 28 from 6:30-8:30 pm. This parent run event is very popular and is always sold out. Dress up and join us for a terrific evening filled with fun games, crafts, music, dancing and snacks. Start planning your pumpkin to enter the Jack-o'-Lantern Contest and bake your cake for the Cake Walk!



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. <u>www.thewayincalgary.ca</u>

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. <u>www.distresscentre.com</u>

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 <u>www.211calgary.ca</u>

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

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

*Telephone Language Interpretation Services available on all lines

MID-SUN 55+



Drop-In Pickleball Tuesday / Thursday: 8:30am – 10:00am Friday: 10:00am- 11:30am \$2 M / \$5 NM New: Yearly Pickleball Pass Good from September 1, 2016 - September 1, 2017. Purchases can only be made in house). \$160 M / \$260 NM



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Thank you in advance for participating in our 2016 Scout Popcorn Campaign! During the month of October you should have one of our youth members knocking on your door to show you our range of Popcorn - you can either buy this delicious treat for yourself or use it as a gift for someone special! The benefit of buying our Popcorn is that a big portion of the money goes right back into local Scouting - we use these funds for outdoor activities or educational visits as well as purchasing equipment to help our youth participate in the program of Scouting. Your kind donation will also help us continue to be an inclusive organisation where everyone, regardless of income, is able to participate. We aim to meet Scouts Canada's mission "to help develop well rounded youth, better prepared for success in the world". If you have any questions about our Popcorn campaign, please contact fundraising@75thmidnapore.com.

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If your child is interested in **Scouting**, we have a few spaces available - girls and boys 5-17 years old are welcome, as well as enthusiastic adult volunteers! Please visit our website http://www.75thmidnapore.com/ for more information or email **registrar@75thmidnapore.com**.

Our year-round **Bottle Collection Service** continues to operate in your area so if you have any recyclable bottles/cans/plastic containers in your garage you can call **403-606-9171** and we will come and take them away!

Best wishes to you all and we look forward to seeing you soon!

75th Midnapore Scout Group http://www.75thmidnapore.com/



ACCEPTING NEW PATIENTS

Flu season is just around the corner. Don't sit around in walk in waiting rooms, minimize your exposure. Call us any day Monday - Saturday to get a same day appointment. Service provided to family practice and walk in patients. Phones lines open at 8am.

New Family Practice Dr Soheil Yala and Dr Andrew Wong are accepting new patients.

Women's health appointments available weekly. Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Migraine consults & treatments, weekly availability.

The Podiatry Practice of Tedman Donovan, for all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.



Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: A River Runs Through It, and Other Stories by Norman Maclean.

Quarry Park Library Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.





MID SUN COMMUNITY CENTRE Monday, Wednesday & Friday @ 9:00 am Other Locations Available

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Lake Midnapore Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	900,000	407,000	614,400	31	5
BUNGALOW	520,000	341,000	400,963	35	20
3 & 4 LEVEL SPLITS	500,000	366,000	428,667	13	3
BI-LEVEL	502,000	300,000	390,333	48	6
ATTACHED	360,000	267,500	307,895	47	19
CONDO	570,000	178,000	303,797	52	16

Lake Sundance Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	1,460,000	339,500	573,158	46	52
BUNGALOW	1,280,000	328,000	502,232	38	14
3 & 4 LEVEL SPLITS	475,500	379,800	426,275	43	12
BI-LEVEL	436,000	436,000	436,000	13	1
ATTACHED	420,000	342,000	389,000	23	3
CONDO	397,500	320,000	349,825	53	4

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FOR ALL YOUR COMMUNITY INFO PLEASE VISIT www.midsun.info

WANT TO KNOW WHAT YOUR HOUSE IS REALLY WORTH? ALL YOU HAVE TO DO IS ASK!!!





South Health Campus (SHC) **Wellness Centre**

Let us help you build better health this fall! October is BUSY in the Wellness Centre - there is something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939. **Emotional Well Being** Mindfulness Session October 7 12:00-1:00pm October 27 6:30-7:30pm HeartMath October 21 1:00-3:30pm October 24 6:00-8:30pm **NEW! Understanding the Experience of Grief** October 3 6:00-8:00pm **Happiness Basics** 4 week series Begins October 5 4:30-6:30pm **NEW!** Conflict Resolution October 6 6:30-8:30pm **Meditation Drop-in** Every Tuesday 5:00-5:45pm **Drumming Up Wellness** Every Friday 1:30-2:30pm **Employment, Computer & Social Media Skills NEW! Introduction to Web-Based Email** October 21 10:00am-12:00pm Interview Skills 2-part series begins October 8 9:00am-4:00pm **Health Management NEW! Getting Ahead of Your Headaches** October 11 7:00-8:00pm October 27 1:00-2:00pm

Eating Well with Fatty Liver Disease October 12 5:30-8:00pm Living Well on Prednisone: Nutrition & Side Effects October 13 2:00-4:00pm **Art Therapy with Heart: Creative Drawing** & Scratchboard October 26 10:00am-12:00pm **Caregiver Support** Let's talk about Driving October 20 7:00-8:00pm Parents **Fuelled to Move** 4-week series (14-17 year olds) **Begins October 1** 12:00-1:30pm **Nutrition for New Moms** October 6 1:00-3:00pm **NEW! Sleep Solutions** October 6 6:00-7:30pm Mealtime Struggles to Mealtime Success October 13 6:00-8:00pm **Story Time & Play Date** October 14 or 28 10:30am-12:00pm Food, Nutrition & Cooking I know I Should Eat Healthy But How? October 1 9:00-11:30am **Healthy Cooking Basics & Techniques** October 4 10:30am-12:30pm The Truth About What Works in Weight Management October 1 1:00-3:30pm **Fermented Food- Sauerkraut** October 19 6:30-7:30pm Dietitians in the Kitchen: Fall Favorites! October 20 12:00-12:30pm **Top 5 Tips to Reduce Calories** October 26 6:00-8:30pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.



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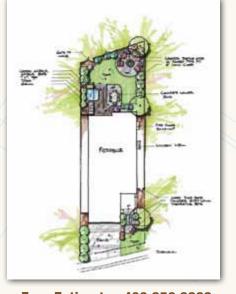


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Protect Yourself, Immunize Your Pet

In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month guarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.



Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warmblooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

Jennifer L. Scott, D.V.M.



October in Fish Creek

Fish Creek Speaker Series **Exploring the Native Grassland Elements of Fish Creek Provincial Park**

Thursday, Oct. 27, 2016 7:00 - 8:00 pm

Presented by Ian Macdonald, Professional Biologist and Botanist

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

Fish Creek Provincial Park is one of the largest natural environment parks located in a large urban centre anywhere in Canada. It has been heavily impacted over decades by a variety of human uses and the growth of Calgary around all of its borders. However, even with all of this disturbance there remain many traces of the native grasslands that once flourished here. Join us to explore and learn about these grassland elements still in existence today. Ian Macdonald, is a professional Biologist and Botanist, who has spent a great deal of his personal time over the last several years surveying the north slopes of Fish Creek examining, recording and reporting on his findings of the native grassland elements. To register or for more info: friendsoffishcreek. org/event/grassland

IN & AROUND CALGARY

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, such as Parks Day & Creekfest, A Taste of Autumn, the Fish Creek CommUnity Fair and the Wellness Showcase. Minibus tours and wellness programs provide new and innovative ways to bring people together and celebrate nature.

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.

Ghosts in Fish Creek Wednesday, October 26, 6:30 - 7:30pm

Join us, if you dare! Tour the historic Bow Valley Ranch area of Fish Creek Provincial Park to learn about the ghosts that are rumored to haunt here! Great for all ages (although it may be a bit scary for younger listeners). Tickets only \$7 per person, registration is required. For more info or to register: www.friendsoffishcreek.org/ programs/other-tours

Métis Calgary Family Services

Metis Calgary Family Services is a registered not for profit Charitable organization, certified and accredited with the Canadian Accreditation Council, that offers various Outreach, Early intervention, Government Accredited Childcare, Preschool, Parent Link Family Resource Centres, Before and After School, Youth Support, In Home Family Support, and **Referral Services for Families & Children.**

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

Little Sundance Child Care Centre & Out of School Program

We are a family focussed, accredited child care and out of school program. Conveniently located in the heart of Lake Sundance, within walking distance of Father Whelihan School & Sundance School. Our centre is proud to be a part of the, Albert Curriculum Framework for Child Care Centres pilot project and pilot studies of the Positive Child Care Programs, in partnership with Triple P Positive Parenting International. We offer child care for ages 19 months to 10 years, highly trained qualified staff.

Toddler to 36 months spaces availabe.

Open Monday to Friday, 7am to 5:30pm. Fees include AM & PM snacks and lunch.

- Fees by age groups are as follows:
- 19 36 months \$795.00 | 3 5 years \$755 | 6 10 years \$325
- Summer Out of School (grade 1 & up) \$755.00 per month
- Government subsidies are available.

We have an open door policy, so please drop in anytime to view the centre and visit us at 352 Sunvale Drive SE. 403-240-4642.

Find us on facebook



Reap What you South By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000 0,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sparry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...

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MIDNAPORE · SUNDANCE | OCTOBER 2016 31



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.

October at Trico Centre

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

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

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

Adults

- Register now for 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.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-eweek workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multiweek 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.

- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.
- 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.



IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween Partners for Safety: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stav away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe. • Let your parents know where you are going to be at all times
- (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- · Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- · Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- · Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

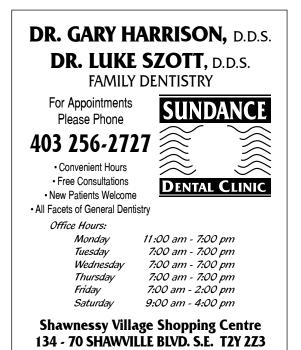
- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



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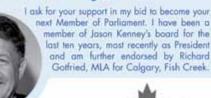




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As a lifelong conservative, I also believe that conservative values are what make Canada great!



For More Information Visit: WWW.JACKREDEKOP.CA



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DISCOVER YOUR PERFECT FIT. Trico Centre for Family Wellness 11150 Bonaventure Drive SE www.tricocentre.ca 776



MidSun Real Estate Update

Last 12 Months MIDNAPORE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2015	\$390,000.00	\$377,000.00

Last 12 Months SUNDANCE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2015	\$519,900.00	\$509,500.00

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

New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5- year-old comes home from school with a red rash on their arm. Your 10-year old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online. Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmee Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment", says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobilefriendly format so parents and families can access it from any device.

To access HEAL, go to http://www.ahs.ca/heal



Career Planning is like Travelling

Andrea Christensen B.Ed, CDP

The process of career planning is similar to travelling in more than one way, but I'm not talking about one of those vacations where you park yourself on a beach for 7 days. I'm talking about taking a trip to an unfamiliar place that exposes you to new sights, and has the potential to alter your views about the world that we live in. Career guidance and planning has the possibility of uncovering some things about yourself that were hidden, or perhaps reinforce some things that you suspected, and ultimately give you a fresh perspective on what you should be doing with your life.

Sometimes people ask why one should go through the process of career planning when things won't end up like that anyway. Well, anyone who has gone on a long trip will tell you that certain destinations are prescheduled in the itinerary as "must-see", some things are "nice to see" and that everything else is open to where the travels may lead you. Any travel itinerary that is over-scheduled or planned to the last detail is bound to lead to disappointment and missed opportunities. However, an overall idea of where one wants to direct themselves is critical in the success of any trip.

Career planning is like that....You want to have an overall idea of where you should go based on your personality, values, talents and skills. Following opportunities that don't jive with your purpose can ultimately lead to job burnout, unhappiness and lack of vigor for work or life.

A career plan forces one to look into the future and consider possibilities that are desirable. With the image of this preferred future in mind, you can set goals and work towards them with success, keeping flexibility as the key to not missing out on anything unexpected. Keep asking yourself "What do I really want?" The answer will enable you to stay focused, considering only the choices that are a good fit for you!

Andrea Christensen B.Ed, CDP, is an Independent Career Practitioner and works with teens and adults on career guidance, career transition and educational planning.



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Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

- Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
- 2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
- 3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
- 4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
- 5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
- 6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

Halloween hazards! Keeping your Pet Safe

- 7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
- 8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

STEP INTO FALL

ENALGARY CALGARY

Are you thinking of becoming more active? The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be: -18 years of age or older -Exercising less than 3 days per week -Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive: -A pedometer (\$25 value) -\$10 gift card -Prize draw entry for \$1000 gift card

To participate contact: Research Coordinator 403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

NOVEMBER 5 ROTHNEY ASTROPHYSICAL OBSERVATORY

Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 – 11PM, \$20 per car or \$10 per person. www.ucalgary.ca/rao



NOVEMBER 22 - DECEMBER 31 SLIPPER

A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. www.atplive.com



NOVEMBER 26 COL. CHRIS HADFIELD

Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal University Conservatory's Northern Lights Series. www.mtroyal.ca



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

October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal: The Beaver Hall Group painted many portraits that convey the quest for modernism; these works rank among the most remarkable in the history of Canadian art. www.glenbow.org

November 5, Calgary Hitmen vs. Swift Current Broncos: The puck drops at 7:00PM at the Scotiabank Saddledome. www.hitmenhockey.com

November 16, Moscow Ballet's Great Russian Nutcracker: For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. www.artscommons.ca

November 17 – 20, Art Market Art and Craft Show: Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work. www.artmarketcraftsale.com

November 22, 6th Annual Why Whisper Fundraising Gala: Proceeds support the YWCA, and to date, this fundraising event has raised more than \$2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. www.ywcaofcalgary.com

November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces: Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. www. calgaryphil.com

November 25 – December 23, Disney's Beauty and the Beast: The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. www. storybooktheatre.org



Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don't worry if you couldn't make it. There will be another chance next year—although it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at calgary.ca/ ward14connect. I encourage you to do so.

Free Leaf and Pumpkin Drop-off

We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

Check your smoke detectors

Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9th to 15th is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at calgary.ca/fire.

Being prepared for snow

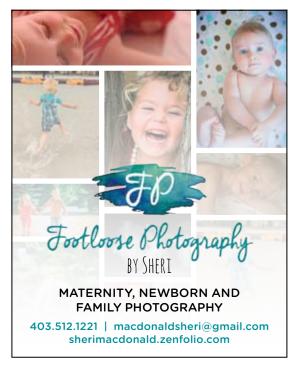
We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit calgary.ca/ roadconditions for current road conditions and progress. There is much more information about snow and ice control on calgary.ca/snow too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That's it for October! Have a great month, and remember you can contact me anytime.



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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Midnapore and Sundance. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

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As School Councils start meeting for the new school year, as well as community leagues

and associations resuming business, I want to take this opportunity to thank all the volunteers who assume these roles and take on these responsibilities. It can be a thankless job, so I really want to take this opportunity to say thanks for all the hard work you put in. If there is any way that I or my office can be of assistance, please let us know. We are happy to attend any meeting or have any formal one on one meetings with representatives.

Pressures on schools

I am very well aware about the capacity issues we are facing at our schools in the South end of the city. I see it every day, with my two sons attending school in the riding. It is unfortunate that past administrations allowed us to fall behind; however, we are working hard to ensure that our over 200

new builds and revitalizations are done on time and on budget. New schools, like the middle school in Evergreen and the new high school in Legacy, will help remove the pressure that schools in this riding continue to face.

Supporting small business

Over the summer I met many people who were building new startup businesses, growing existing ones or starting them at home. It has been remarkable to see how resilient people are during these tough economic times. I would be more than happy to sit down with any small businesses and discuss some of the opportunities that are available for them. Whether it be improving access to capital or supporting the reduction in the small business tax rate, I am always here to stand and support small businesses in Alberta.

Moving to reduce spending

It is no secret that the fire in Fort McMurray has had an impact on our budget. It is also no secret that the low price of oil has led to low returns in royalties. As we face this hard economic time, people rely even more on our social services and our health care system. We cannot let people who depend on these services down by laying-off nurses and social workers. What we can do and have been doing is to work to find efficiencies in the system. Every ministry has been tasked to bend the curve



in their spending. We have also embarked on a review of agencies, boards and commissions, and have disbanded or amalgamated nearly 30, to provide significant savings to the tax payers. We will continue to work hard to do what we can to reduce and control spending in Alberta.

Indigenous outreach

A month ago I had the opportunity to participate in a round table discussion at St. Mary's University on urban Aboriginal challenges faced off reserve. It was great to have the Minister of Indigenous Relations, Richard Feehan, come to the riding. He understands the opportunities we have here in Calgary and the fact that we need our local supports and resource centers to assist with challenges. I want to thank Métis Calgary Family Services

located in Sundance for the support they have provided to me to help our government address opportunities and to move forward on the recommendations of the Truth and Reconciliation Commission.



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

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Director of Community Relations	Kim Taylor	communityrelations@midsun.org
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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 HoursMonday to Friday9:00 am - 7:00 pmSaturday & Sunday8:00 am - 6:00 pm

Closed Holidays



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

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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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

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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	
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