

# Mid-Sun

## messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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to  
School

SEPTEMBER 2016

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On January 1, 2017, the federal government is amending  
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of current "wealth transfer" strategies.

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**TAX-SMART INVESTMENT AND  
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**GUEST SPEAKERS:**



**PETER BOWEN**, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions





**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
[kara.weber@rbc.com](mailto:kara.weber@rbc.com)

All guests must be registered  
to attend. (Space is limited.)

Refreshments will be provided  
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Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



**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  
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## NEWSLETTER AD SALES

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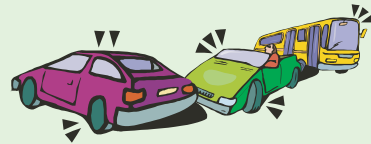
**GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING MID-SUN FOR 21 YEARS!**

## 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](mailto:traffic@midsun.org)

### NEW STUDENT SPECIAL AVAILABLE



### REGISTRATION ON NOW

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

Call Kathy Nugent at  
403-256-4060

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

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



**LIKE US ON FACEBOOK**

[www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836](http://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836)



**FOLLOW US ON TWITTER**

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

## PRESIDENT'S MESSAGE

Summer has ended, and a new school year and a new season of recreation is set to begin.

Fall recreation programs are now open for registration, and we have lowered the prices on our kid's classes to help families get their kids active this year.

In the past few months we held a couple more community events.

In June, we held a "Bike Rodeo and Bike Exchange". The weather was terrific and almost every bike we had been given for the exchange was "sold". The few that remained were donated to Hull Services in South Calgary. We would like to extend a special thank you to Canadian Tire in Shawnessy for giving us a great discount in order to purchase helmets for our draw. Also, to Bicycle Repair Hub for performing bike checkups the night before, and to Bow Cycle for donating their time and performing bike checkups during the rodeo.

In July, we held our first ever "Stampede Shutdown". A free family event that saw roughly 250 people come through the doors to enjoy Line Dancing lessons, music, games, and food! Special thanks to Copper Junction for providing 2 hours of great, local music; Alpine Catering for the Beef-on-a-Bun dinner; Joe Smith for teaching everyone to line dance; and to the many volunteers who helped with set-up, building props, and take down.

The Mid-Sun Community Garden held a free Adults Only Garden Party in August.

Look for more community events in the future!

A couple of additional notes.

Mid-Sun Community Centre's renovations are set to begin this fall, and are expected to be completed by Summer 2017.

The City of Calgary "Midnapore Skatepark" has begun. The expected completion date is October 15<sup>th</sup>, 2016.

Watch our social media feeds for updates on everything MSCA.

*Until next month,*  
*Keith Pedersen*

**Serving Traditional Fish and Chips**

Organic Potatoes  
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Wed & Thur - Seniors 10%  
Fri 10% - Fire, Police, Nurses, EMS, Teachers, Military

**Okotoks Patio NOW OPEN**

**TWO LOCATIONS - OPEN WED - SUN**

- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.9995

### Free Health Talks



#### Raising Smart Kids

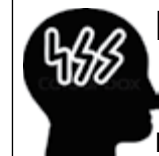
**Wed Sept 28 @ 6 PM**

Improve Memory, IQ, Reading, Processing Speed & Attention

#### Plantar Fasciitis

**Sat Oct 15 @ Noon**

Get A Free Cold Laser Demo & Computer Foot & Gait Scan



#### Migraine Headaches

**Wed Oct 26 @ 6 PM**

Get A Free MindFit Therapy Demo Session for Pain Relief!

**403-254-5774 [CalgaryWellness.com](http://CalgaryWellness.com)**



## STEP INTO FALL

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.



# MID-SUN BUSINESS MEMBERS

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

Please Support Your Local Businesses.

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

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



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

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

- Community Events: Mom's Market- Used Toy and Clothing Sale /Small Business Showcase, Community Clean-Up, Taste of Mid-Sun
- Access to government: Community concerns regularly discussed with representatives from Municipal and Provincial Government
- Development Concerns Addressed: Home businesses, infill construction, area redevelopment, municipal and commercial development
- Traffic Committee: lobbied for pedestrian lights on Sun Valley Boulevard, addressed concerns regarding Stoney and Macleod Trail interchange, applied for additional Sundance entrance sign along Sun Valley Boulevard

- Community programs: Mid-Sun Community Garden, Little Library, Future Mid-Sun Skate Park
  - Community Centre Operations and Programming: Recreation Programs for all; Seniors Programs; Out-of-School Care and Preschool; and more!
  - Residential Communication: “Mid-Sun Messages” newsletter, Website, Facebook and Twitter
  - Membership discounts for recreational programming at Mid-Sun Community Centre
  - Discount on programming at Trico Centre
- The Mid-Sun Community Associations current goals include working to further engage the community, improving the programming and facilities at the Mid-Sun Community Centre, moving forward with the goals of the traffic committee, and increasing the usage of our community garden. We would love for you to join us.

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

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

- Phone: 403-254-8058
- E-mail: [info@midsun.org](mailto:info@midsun.org)
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
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Tuesday	7:00 am - 7:00 pm
Wednesday	7:00 am - 7:00 pm
Thursday	7:00 am - 7:00 pm
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**

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

We are looking to build our Volunteer Base

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

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



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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 1<sup>st</sup> 2016 to May 31<sup>st</sup> 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 ?

☐ Board of Directors

☐ Special Events

☐ Fundraising

☐ Seniors Events



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

Inquire Today!

Facility Fees

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

\* All rates include GST

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

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Methods of Registration

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

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

In person Registration at 50 Midpark Rise SE

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

Notes on Registration:

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

Note on Programs:

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

Program Cancellation Policy

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



FALL 2016

RECREATION PROGRAMS

REGISTRATION IS NOW OPEN AND WILL GO UNTIL SEPTEMBER 9<sup>th</sup> 2016

Programs Start the week of September 19.  
All programs have 10 classes (unless specified otherwise).

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**

September 22 to November 14

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**

September 20 to 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

September 20 to 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: 6-9 years

OR

**Mondays: 6:00pm-7:00pm**

Age: 10-13 years

September 19th – 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: 6-9 years

OR

**Thursdays: 6:00pm-7:00pm**

Age: 10-13 years

September 22- 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**

September 21 – 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**

September 21 – November 23

Age: 8-12 years

Instructor: Steve-O

Cost: \$45M / \$55NM

OR

**Fridays: 4:30pm-5:30pm**

\* 8 Week program\*

Age: 8-12 years

September 23 – December 9

No Class October 28; November 11;

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

September 20 to 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**

September 20 to 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**

September 22- 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**

September 20 to 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!

### Mini Masters of Fine Art

**Thursdays: 5:30-6:30**

September 22- November 24

Ages: 8-13 years

Instructor: Lee H.

Cost: \$90 M / \$100 NM

A class based on art fundamentals; line, shape, color, texture, value, space, shape, and form. In addition, learn to use the tools and basic techniques used by masters of art with a number of different mediums.

## TEEN PROGRAMS

### Teen Yoga / Yoga for Everyone

**Tuesdays: 4:45pm- 5:45pm**

Age: 13-18 years

September 20 to November 22

Instructor: Tracey Short

Cost: \$65 M / 75 NM

Teen yoga is a dynamic flowing class which quickly builds strength, flex-







ibility 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

September 21 - 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**

September 21 - November 23

OR

**Thursdays: 10:30am - 12:30pm**

September 22 - 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. 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**

September 22 - 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**

September 23 - 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**

September 20 to November 22

Instructor: TBD

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**

September 21 - November 23

Instructor: Alexander Ivanov

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

Come Join established artist, Alexan-



der 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

### Morning Crunch

**Tuesdays: 7:15am-8:00am**

September 20 to November 22

Instructor: Kaley

Cost \$75 M / \$85 NM

Get up and get moving! Get your workout in, first thing in the morning and start your day off feeling great. This is a great class for all levels of fitness! Participants are led through a multi-level class alternating between muscle conditioning and cardio drills. Modifications are provided to help you workout at your own level. The class will finish with a stretching to help you feel relaxed.

### Hula Hoops

**Fridays 5:00pm-6:00pm**

September 23 - 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 stretches, 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**

September 21 - 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- 6:00pm - 7:00pm**

September 20 to 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**

September 22 - 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 combi-

*~cont'd on page 19~*





# Team Palmer

is busy selling Midnapore & Sundance!

## KEN JASON TANNIS

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REAL ESTATE SERVICE - PRICELESS!**

### Lake Midnapore Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	900,000	407,000	614,400	31	5
BUNGALOW	520,000	341,000	401,382	35	19
3 & 4 LEVEL SPLITS	500,000	366,000	433,000	15	2
BI-LEVEL	421,000	300,000	338,000	45	4
ATTACHED	360,000	275,000	311,176	46	17
CONDO	570,000	225,000	293,375	48	14

### Lake Sundance Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	1,460,000	347,500	586,027	45	44
BUNGALOW	1,280,000	328,000	502,232	38	14
3 & 4 LEVEL SPLITS	475,500	379,800	427,300	45	11
BI-LEVEL	436,000	436,000	436,000	13	1
ATTACHED	405,000	342,000	373,500	22	2
CONDO	397,500	320,000	349,825	53	4



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nation 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.

### Worth the Weight Class 2

(Can only register for this class if you are registered in the Tuesday class)

**Fridays: 7:00pm-8:00pm**

September 23 – December 2

No class November 11

Instructor: Danielle

Cost: \$120 M / \$130 NM

Can't get enough of Worth the Weight? Sign up for the Class two times per week!

### Booty Barre

**Tuesdays: 8:00pm-9:00pm**

September 20 to November 22

Instructor: Susana Sylvester

Cost: \$120 M / \$130 NM

The hottest fitness trend comes to Calgary. Booty Barre combines strength and flexibility with cardio for an all over fun workout.

### 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 with Tracey / Yoga for Everyone

**Tuesdays: 4:30pm- 5:30pm**

September 20 to 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**

September 23 – 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 welcome.

### Mid-Sun Run Club

**Tuesdays: 6:00pm-7:00pm**

September 20 to December 6

(12 weeks)

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 ad-

~cont'd next page~



vice 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**

September 19-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**

September 19-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 + Yoga

**Tuesdays - 10:30am – 11:30am**

September 20 to November 22

OR

**Thursdays 10:30am-11:30am**

September 22- 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+ Sumba

**Wednesdays: 10:30am-11:30am**

September 21 – 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 Dancing

**Thursdays: 9:30am-10:30am**

September 22- 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**

September 23- 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.



## ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY\*

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

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

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

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

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

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

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

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

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

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

# MID-SUN 55+



## Pickleball Starts September 6<sup>th</sup>

Tuesday / Thursday: 8:00am – 9:30am

Friday: 10:00am- 11:30am

\$2 M / \$5 NM

### New : Yearly Pickleball Pass

Good from September 1 2016- September 1st 2017. Purchases can only be made in house).

\$160 M / \$260 NM

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

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## NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

### BACK TO SCHOOL

We hope that everyone had an amazing summer.

As we move into fall, we would like to remind everyone of some of our fishing rules:

LIMIT is 3 Trout per day per member. The MAXIMUM MONTHLY LIMIT for Rainbow Trout is 12 fish per residence. All Perch caught are to be kept or disposed of properly. They are not to be returned to the lake

Catching and keeping Grass Carp is not permitted. Grass Carp are to be released immediately and safely returned to the lake.

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

### MOVIE ON THE BEACH

Please save the date of September 17, 2016 for our annual Movie on the Beach event. We will provide more details on the website and facebook as they become available, but we look forward to seeing everyone for this always fun family event!

### MEMORIAL BENCHES

Midnapore Lake is introducing a memorial bench program that will allow members to sponsor a bench in a permanent location of your choice\*.

The bench is heavy cast aluminum and will feature a dedication plaque that will serve as a lasting memory.

The cost of sponsorship is \$2,200.00.

For more information, please call the Park Manager at (403) 256-0532.

*\*some location restrictions may apply*

### 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.

## IN & AROUND SCHOOLS

### St. Philip Fine Arts Elementary School

Teachers and staff have been busy preparing the school to welcome all new and returning families to St. Philip Fine Arts School! We know that students are excited to Imagine, Create, and Celebrate! St. Philip Fine Arts School is proud to offer an integrated Fine Arts program to K-6 students and we know that teachers and staff are excited about the activities we have planned this year. We will have artists-in-residence, field trips, presentations, art exhibitions and many more events as we explore the world around us through a Fine Arts lens.

We are happy to see that we have experienced some growth this year with many new families joining us in Kindergarten along with families joining us throughout Grades 1-6. Welcome to all, we are very happy to have you join our St. Philip community.

The staff of St. Philip Fine Arts School look forward to another brilliant year with all of the students that God has put in our care this year.



**CALGARY  
POLICE  
SERVICE**

**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**



**Midnapore-Sundance  
mybabysitterlist**

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
Cassidy	14	587-225-9179	Yes
Samantha	14	403-686-7479	Yes
Grace	14	403-256-8802	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
Kaya	15	jenwelsh2012@gmail.com	Yes
Cailin	15	jenwelsh2012@gmail.com	Yes
Sophia	15	403-225-9309	Yes
Kaitlyn	15	403-200-7820	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](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

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

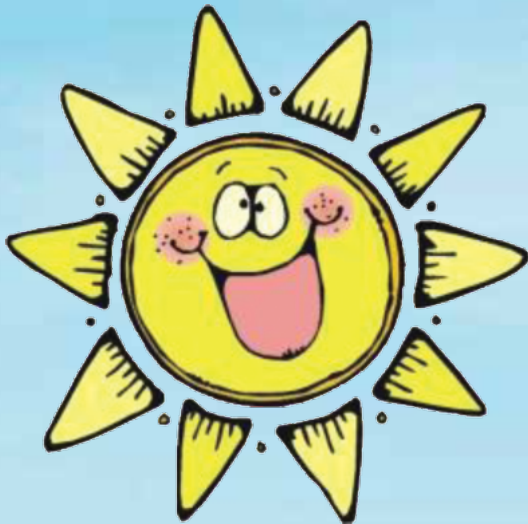
**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).



# Mid-Sun Summer Day Camps 2016

*Thank-you for another great  
summer!*

*For information on next year's camps,  
please visit our website, [www.midsun.org](http://www.midsun.org)  
in February for camp descriptions and  
registration details*



## *Some fun facts about our 2016 Day Camps:*

- *969 campers participated in 27 different camps*
- *Sunsations went on nine field trips, including*
- *Extreme Air Park, the Calgary Zoo, Fish Creek and more*
- *New Specialty Camps included Summer Splash and Bike Adventure*
- *Some of the presenters we had were laser tag, bumper balls, a dunk tank, curling and others*
- *24 staff and 35 volunteers worked over 10,000 hours to make sure camps were a success!*

*See you in 2017!*



# Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of water at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.

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*Councillor Peter Demong*

# WARD 14 COMMUNITIES

# BBQ

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## HOME

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**RIGHTWAY PLUMBING AND HEATING:** Has been happily serving the Midnapore | Sundance areas with quality work, happy clients and fair pricing, with second generation experience, there is no job we can't handle. Furnaces \$3185, water heaters \$715, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**YARDBUSTERSLANDSCAPING.COM:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

**GARDENING:** Fall is the perfect time to renovate your flower beds - remove overgrown shrubs, improve the soil, split those enthusiastic perennials, add new plant material. We design, install and renovate gardens, and do weekly flower bed maintenance as well. Call Garden-Wise Renovation & Design. 403-278-6109.

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**ELEMENTS PLUMBING & HEATING:** Residential service work including repairs and installations water heaters furnaces gas lines and renovations. Free estimates and flexible hours. Professional service at affordable rates. 403-281-8089. www.elementsplumbing.ca.

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**MASONRY CONCERNS? UGLY FIREPLACE?** Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

**MILLRISE CLEANING SERVICE:** has availability for weekly and bi-weekly. Call 403-714-2508 or Email: millrisecleaningserv@shaw.ca.

**MINI BOBCAT SERVICE 36" WIDE:** Seven days a week. Excavating, patios, hot tub pads, driveways, lawn replacement. Deliver gravel, loam, garden mix, cedar mulch up to four and a half yards. Can haul away and remove general garbage as well as appliances. Call or text Barry at 403-714-7417.

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

**DO YOU NEED YOUR GRASS CUT:** on a weekly or vacation basis? If your are going to be away you might need someone to pick up your mail and water your garden. Eavestrough cleaning or other odd jobs. Call Gerry/Patricia at 403-201-2030.

**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.

**WINDOW CLEANING DONE THE RIGHT WAY!** Exterior or interior windows scrubbed, squeegeed, rinsed then hand-polished corner to corner for perfectly clean windows every time. This is highly superior compared to using extension poles or just the typical wet, squeegee and go. Call SouthWest Window Cleaning 403-874-3265. Free estimate. BBB Member.

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

## CHILDCARE / DAYHOMES

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## TUTORS / LESSONS

**BRIDGE LESSONS:** Learn to play bridge in 10 easy lessons. Small classes taught by experienced teacher in Canyon Meadows. Beginners or those wishing to update their bridge skills are welcome. Classes start September 13 at 7 p.m. Standard American bidding will be taught. Contact Linda at (403)281-5520 or bridgelessons@iCloud.com.

~cont'd next page~

# BUSINESS CLASSIFIEDS

**AFRAID TO SPEAK IN PUBLIC OR SING?** Private lessons and workshops for kids and adults can help build confidence and voice skills for singing or speaking. It's time to play with your Voice! Call Sounds Within. Sandy 403-225-2463.

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**PIANO TEACHER:** in Sundance. I have some openings for fall. Lots of experience, friendly atmosphere, and great rates. Enjoy your lessons! Call Shauna at 403-256-1123.

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**SMALL BUSINESS BOOKKEEPING / TAX PREP:** For small companies and self-employed individuals. Ensure your financial records comply with government regulations and maximize your income. Bow River Business Services Ltd. Please phone Claudia at 403-819-0421 or email to [ctiefisher@gmail.com](mailto:ctiefisher@gmail.com).

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September is typically back to school month and it reminds us that summer is almost over, the first day of fall is the 22nd. Like many of you I am wondering if we actually had summer. I have heard that without rain we wouldn't have beautiful rainbows, I hope that you have enjoyed many. Certainly we have had enough rain to make many beautiful rainbows!

**Back to School:** For many a new school year is exciting. A new school year provides an opportunity to meet up with old friends, make new ones and meet our new teachers. With south Calgary growing in leaps and bounds, our government will continue to support new school builds and funding for education.

**Busy Summer:** This has been a busy summer for me. I have been attending public stakeholder meetings and consultations in southern Alberta: Lethbridge, Medicine Hat, Rosebud, etc. re: the Municipal Government Act (MGA) review. To learn more: <http://mgareview.alberta.ca/get-involved/>.

Shortly after the Stampede I had the opportunity to attend the Pacific Northwest Economic Region Conference as a delegate and hosted here in Calgary. Great trade discussions with many individuals from the Pacific Northwest and awesome learning opportunities. The highlight of the conference was a trip to a Cenovus oil site near Lac la Biche. Cenovus employs many Albertans and is a significant provincial partner as we move to a lower carbon future.

Our first annual Stampede B-B-Q was a huge success. It was wonderful to see, meet and chat with so many constituents. Thank you to everyone who made it out and a special thank-you to Minister Sabir and Mayor Nenshi for taking time from their very busy schedules to stop by. We served close to 600 burgers and hot dogs, but of course this wouldn't be possible if it weren't for our super volunteers. Thank you to all for making the day fun and a huge success and thank-you to our new neighbour VIK Academy Preschool and Kindergarten for hosting the bouncy castle.

**Ring Road:** As announced in July, Prime Minister Trudeau, Premier Notley and Mayor Nenshi announced funding for the Southwest Ring Road construction. [www.transportation.alberta.ca/sw-crrgp.htm](http://www.transportation.alberta.ca/sw-crrgp.htm). The announcement is exciting news for Albertans - "We are helping people get back to work, and we are supporting business activity and growth," Notley said. Tsuut'ina Chief Whitney spoke about the positive impact for Tsuut'ina.

These are certainly exciting times, as many of you know this project has been in the making for more than thirty years. Initial work has already begun with utility lines being moved etc. Watch for construction to begin in the fall.

**Open House:** Don't forget we will be hosting our Fall Open House on Thursday September 1, 4:30 pm - 7:30 pm.

As always my office can provide Notary Public and Commissioner for Oaths services. However it is a good idea to make an appointment well ahead of when you need the document signed. I am not always available on short notice. If you need a few provincial pins just connect with my office staff. They are happy to help you out. 403-256-8969

## Child & Youth Programs at Peace Lutheran Church

**Kids' Church (Pre-K-Gr. 6):** Launching a NEW super interactive program this fall that promises lots of learning and fun for kids! Plus bible study and fellowship opportunities for adults during Kids' Church. Kick-off is September 11 at 9:45 a.m. For more info, contact Deborah at 403-601-6191 or [dgmshence@shaw.ca](mailto:dgmshence@shaw.ca)

**Pioneer Kids' Club (K-6):** Meets every Tuesday from 6:30 - 8:00 p.m., starting again on September 6. Please contact Shirley at 403-278-9023.

**Youth Group (Gr. 7-12):** Meets Tuesday evenings, starting again on September 6 and Sunday morning bible study starts on September 11.

We hope you'll join us!

**Location:**  
14640 - 6 Street SW  
Calgary, Alberta T2Y 0E1  
Telephone: 403-256-1439  
E-mail: [peacelutheran@telus.net](mailto:peacelutheran@telus.net)  
Website: [www.peacelc.ca](http://www.peacelc.ca)





# 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
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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@thep Prattfamily.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

## SUNDANCE LAKE RESIDENTS ASSOCIATION LTD. Lake Facilities

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

**Lake Hours:** Normal Hours: 9:00 am – 10:00 pm  
**Facility Bookings:** To book the Cookshack, Sundance Room or Meeting Rooms contact Terri

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

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> 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

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

**FLC SENIORS CLUB – TAI CHI 55+** Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

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## CHURCHES

Sunwest Christian Fellowship	403.254.2823
Tree of Life Lutheran Church	403.726.0911
St. Paul's Anglican Church	403.256.1428
Deer Park United Church	403.278.8263
First Alliance Church	403.252.7572
All Saints Lutheran	403.256.0262
Lutheran Church of Our Saviour	403.253.1453
New Hope Community Church	403.256.2772
Fairview Baptist Church	403.252.1704
Spiritual Community Church of the West	403.225.4331
Red Deer Lake United Church	403.256.3181
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## COUNCILLOR, WARD 14 PETER DEMONG

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
eaward14@calgary.ca or 403 268-1653

Hi Ward 14! I hope you had a great summer!

### Ward 14 Communities BBQ

You are invited to my Ward 14 Communities BBQ. I hope to see you there.

The BBQ is on Saturday, September 24 in the Southcentre Mall Parking lot. It will run from 11 a.m. to 2 p.m. but you might want to get there during the first couple of hours in case supplies dwindle. I encourage you to visit [calgary.ca/ward14bbq](http://calgary.ca/ward14bbq).

As I write this some of the fine details of what you will see at the BBQ are still yet to be determined. Fear not! I can assure you that you will not be disappointed!

Here is a description of how your trip to my Ward 14 Communities BBQ might go.

The first thing you might do is pick up your free community association membership. One of the main purposes of

my BBQ is to raise money for the community associations of Ward 14. This is a win/win situation. The community association gets a new member, you get a free membership, and hopefully people learn more about what their community association does. Your community association will have their own table at the BBQ. Find them, say hello, and pick up your free membership.

Of course giving away memberships does not raise any money for the community associations. That is where the sponsors of the BBQ come in. Mattamy Homes, Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC *are the ones who are supporting Calgary communities by buying you a free membership.*

When you're picking up your membership you will likely notice all sorts of exhibitors. The other main purpose of the BBQ is to give you an opportunity to visit with representatives from the City of Calgary's various departments, its partners, and other community groups. We have had everything from horses to helicopters at the BBQ in the past. While those things can't be planned in advance, I can promise that you will see something relevant to you. Apart from every customer facing department in the City of Calgary organization, there will also be representation from local scout groups, local MLA's, local school board trustees, and other community organizations like the Trico Centre, the South Calgary Primary Care Network, and the Friends of Fish Creek.

Finally, it wouldn't be much of a BBQ without food so you will want to get in line for a free burger and beverage at some point. You will pass the Ward 14 booth along the way where you can get some free swag and enter the prize draw.

Don't hesitate to approach me at the BBQ. I will be running around and making announcements, but always have time to chat.

### Macleod Trail & 162 Avenue Interchange Update

Free-flow traffic on Macleod Trail is coming soon. The next major phase of detour for construction of the interchange—which includes free-flow traffic on Macleod Trail—is set to begin at the end of September. I do not have details on the exact date, but you will soon be able to find them at [calgary.ca/macleod162ave](http://calgary.ca/macleod162ave).

Please don't hesitate to contact me about the interchange, or anything else.

See you at the BBQ!

### ST. PAUL'S ANGLICAN CHURCH

7 Sunmills Green SE – 403.256.1428

.....

**Community BBQ - Saturday, September 10**  
**beginning at 5pm, bouncy castle, games, BBQ**  
**All Welcome!**

.....

**Sunday Services: 8:30 & 10:00 am**

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