

# Mid-Sun

## messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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**JULY 2017**

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July 2017





### MID-SUN COMMUNITY ASSOCIATION

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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*The Mid-Sun Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

### 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

# STAMPEDE SHUT DOWN

# & GRAND RE-OPENING

**SATURDAY, JULY 15, 2017**  
**4:00PM – 7:00PM**

Join us as we celebrate the end of Stampede and the end of our renovations. Bring the entire family to check out our newly renovated building as you enjoy free snacks, free kids games, free line dance lessons and live music provided by COPPER JUNCTION. Mark the date in your calendars – you won't want to miss this event.

Pre-order your beef on a bun, baked beans, coleslaw and a drink for \$5.00 – food will only be available by pre-sales. All orders must be done by July 10th online and July 12th in house. Mid-Sun Community Association will be providing nachos and snacks for free.

### COPPER JUNCTION

Joe and Carolyn Harley are long-time residents of Midnapore and are pleased to bring their high-energy music to the Mid-Sun Stampede BBQ. With Craig West on fiddle and Robb Mann on guitar and mandolin COPPER JUNCTION gets toes tapping and people smiling!



# OH, CANADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!



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

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# Mid-Sun Summer Day Camps 2017

## Sunsations

Ages 5-12

<b>Week 1: (July 3-7)</b>	<b>\$210.00</b>
Field Trip: Telus Spark Science Centre	
<b>Week 2: (July 10-14)</b>	<b>\$210.00</b>
Field Trip: Military Museum	
<b>Week 3: (July 17-21)</b>	<b>\$210.00</b>
Field Trip: Calgary Zoo	
<b>Week 4: (July 24-28)</b>	<b>\$230.00</b>
Field Trip: Sleepover & Lloyd's Roller Rink	
<b>Week 5: (July 31- Aug 4)</b>	<b>\$210.00</b>
Field Trip: Calgary Corn Maze	
<b>Week 6: (Aug 8-11)</b>	<b>\$175.00</b>
Field Trip: Heritage Park	
*No camp Monday, August 7 <sup>th</sup>	
<b>Week 7: (Aug 14-18)</b>	<b>\$230.00</b>
Field Trip: Sleepover & Movie Theatre	
<b>Week 8: (Aug 21-25)</b>	<b>\$210.00</b>
Field Trip: Calaway Park	
<b>Week 9: (Aug 28-Sept 1)</b>	<b>\$210.00</b>
Field Trip: Shakers Family Fun Centre	

## Musical Theatre

<b>Week 3: (July 17-21)</b>	<b>\$210.00</b>
Kidz Pop Hits: Ages 5-8	
<b>Week 5: (July 31 – Aug 4)</b>	<b>\$210.00</b>
Pop Hits of the Decade: Ages 8-12	
<b>Week 8: (Aug 21-25)</b>	<b>\$210.00</b>
Disney's Greatest Hits: Ages 5-12	

**Camps fill up fast!**  
**Register online at**  
**[www.midsun.org](http://www.midsun.org) or in**  
**person at**  
**50 Midpark Rise SE to**  
**reserve your child's spot.**  
**See you in the summer!**

## Specialty Camps



<b>Week 1: (July 3-7)</b>	<b>\$210.00</b>
Art Extravaganza: Ages 5-12	<b>FULL</b>
Multi-Sport Madness: Ages 5-8	
<b>Week 2: (July 10-14)</b>	<b>\$210.00</b>
Discover Camp: Ages 5-12	<b>FULL</b>
Baton and Acro: Ages 5-12	<b>FULL</b>
<b>Week 3: (July 17-21)</b>	<b>\$210.00</b>
Bike Adventure: Ages 8-12	<b>FULL</b>
<b>Week 4: (July 24-28)</b>	<b>\$210.00</b>
Summer Splash: Ages 5-12	<b>FULL</b>
<b>Week 5: (July 31- Aug 4)</b>	<b>\$210.00</b>
Martial Arts: Ages 5-12	<b>FULL</b>

<b>Week 6: (Aug 8-11)</b>	<b>\$175.00</b>
Dance Camp: Ages 5-12	<b>FULL</b>
Beginner Basketball: Ages 5-8	
*No camp Monday, August 7 <sup>th</sup>	
<b>Week 7: (Aug 14-18)</b>	<b>\$210.00</b>
Drama Camp: Ages 5-12	<b>FULL</b>
<b>Week 8: (Aug 21-25)</b>	<b>\$210.00</b>
Beginner's Soccer: Ages 5-8	
<b>Week 9: (Aug 28- Sept 1)</b>	<b>\$210.00</b>
Rockin' Racquets: Ages 5-12	<b>FULL</b>
Photography Camp: Ages 8-12	<b>FULL</b>

### Refund Policy

From March 1 – May 14 a full refund will be granted, minus a \$25 admin fee per camp, to a maximum of \$100. From May 15 – June 25, a 50% refund will be offered only if the camper's spot can be filled. After June 26, no refund will be offered unless a doctor's note is provided, or if the camper's spot can be filled; if either of these requirements is met then a 50% refund will be granted. Transfers between weeks are at the Day Camp Director's discretion.

Mid Sun Summer Day Camps are a proud partner of Between Friends with their I.C.A.N. program.

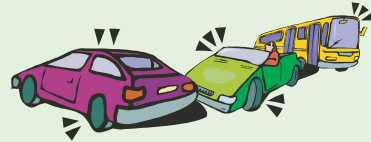


## HELP YOURSELF - HELP YOUR COMMUNITY



### MESSAGES FROM THE BOARD

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



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

**Please feel free to send your Sun Valley Blvd traffic concerns or suggestions to:**  
**traffic@midsun.org**

## MID-SUN BUSINESS MEMBERS

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

**Please Support Your Local Businesses.**

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

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



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

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



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

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

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

- Community programs: Mid-Sun Community Garden, Little Library, Future Mid-Sun Skate Park
- Community Centre Operations and Programming: Recreation Programs for all; Seniors Programs; Out-of-School Care and Preschool; and more!
- Residential Communication: “Mid-Sun Messages” newsletter, Website, Facebook and Twitter
- Membership discounts for recreational programming at Mid-Sun Community Centre
- Discount on programming at Trico Centre

The Mid-Sun Community Associations current goals include working to further engage the community, improving the programming and facilities at the Mid-Sun Community Centre, moving forward with the goals of the traffic committee, and increasing the usage of our community garden. We would love for you to join us.

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

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

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

## Summer Brain Fitness

**Program For Attention, Reading & Processing Speed**

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**Free Consult [www.CalgaryWellness.com](http://www.CalgaryWellness.com)**



## ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY\*

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

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

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

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

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

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

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

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

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

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

# MID-SUN 55+



## Drop-In Pickleball

Tuesday / Thursday: 8:30am – 10:00am  
Friday: 10:00am- 11:30am  
\$2 M / \$3 NM

## Seniors' Week

Help us celebrate seniors' week, by dropping by, and staying for free coffee after Pickleball Friday, June 9

\$1 Pickleball

# 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)**



## YOUR CITY OF CALGARY



## Are you ready to party?

Join us as we celebrate 150 years of Confederation on July 1, 2017 with our many civic partners and sponsors!

Begin the day with a hearty pancake breakfast at Confederation Park or Fort Calgary, and end it with some of the most fantastic fireworks ever seen at the Centre Street Bridge.

Throughout the day, there will be activities and exhibits to inform, activate and delight every member of the family! Immerse yourself in our Indigenous and Franco-phone cultures on Prince's Island Park, or be amazed at the pageantry and culinary delights in Chinatown.

Enjoy Canadian music, arts, crafts and delicious food at venues throughout the city, including Eau Claire, East Village, Stephen Avenue Mall and Riverfront Avenue, or take part in storytelling and activities at the Central Library. You can even discover Studio Bell at a special discounted rate or check into the King Eddy for live music all day.

Help us show our national pride by participating in the Enmax Living Flag at Fort Calgary this year, and re-affirm your personal pride as a Canadian at the CIBC Canadian Oath, being held at Olympic Plaza.

You won't want to miss a minute of this year's Canada Day events! Please visit our Canada Day page at [Calgary.ca](http://Calgary.ca) for times, locations, road closures and updates as we put the final plans in place.

See you there!



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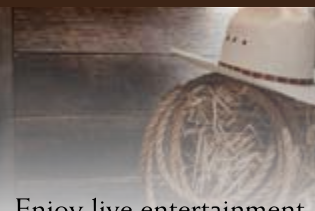


Mosey on down for  
some fun at our

### STAMPEDE BREAKFAST

Friday, July 7, 2017

9:00 AM – 11:00 AM



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a petting zoo and  
stampede games  
& activities.

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## TAKE ON WELLNESS

### The War on Our Children

My name is Noel Hershfield and I am a specialist in Internal Medicine in Calgary.

I am concerned about the current epidemic of drug addiction in our youth. It is estimated that 48% of the population of this country are consuming cannabis or marijuana. This drug is to be legalized by our government next year. It is not an innocuous substance. It is a very psychoactive drug, especially in the young. The developing brain is very susceptible to the effects of this substance, and other psychoactive substances such as narcotics which are over prescribed by the medical profession. On the street, there are hallucinogenic such as LSD, stimulants such as ecstasy (which is really amphetamine), cocaine, fentanyl, and even pink remover which is inhaled.

In fact, any drug, either prescribed or taken illegally can cause side effects and some can be deadly.

Over 400 deaths have been reported in the Province of Alberta due to overdose of narcotics. Many have been admitted to hospitals with serious problems due to these substances. Our emergency rooms are now being flooded with young people suffering from the side effects of cannabis and other substances which are frequently mixed. It is stated that 400 million young people are consuming these drugs all over the world and it is a worldwide epidemic, and the current generation, according to those that are aware of the problem, is doomed! The next generation is now the target of these drug dealers. The problem is paramount in the Western world.

There is evidence that education of young people beginning at age 15, *may* help to reduce the number of children who are taking these substances. There is also evidence in this country that between 15 and 20% of young people starting at age 15, or even lower, are now experimenting or imbibing drugs.

If this was an epidemic such as AIDS, the scientific and medical community would be investigating the cause, prevention, and the treatment. In this situation, no one, including the medical profession, youth organizations, or the government has an answer for the flood of drugs



that are entering this country and being produced in this country. It is a \$600 billion business.

I recently returned from a course in the United States on how to *attempt* to educate the young about the truth about drugs.

I am available to educate our children in our schools, community centers, soccer teams, and anywhere where young people congregate.

The idea is not to preach, but to teach. At least then our children will be able to make an informed choice as to whether or not they will take part in this dangerous activity.

Thank you for your attention to this matter:

Noel Hershfield, FRCP.

Email is [gutdoc1@shaw.ca](mailto:gutdoc1@shaw.ca) and my cell phone number is 587-917-2677.

BRAIN  
GAMES

SUDOKU

7			2		4	5		
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		2		8		4		9
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FIND SOLUTION ON PAGE 32



Check Out our Facility and Rates

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

Are you planning a Birthday Party or Sports Tournament?

Need a space to practice for your dance recital? We can help!

Current Members of the Mid-Sun Community Association receive 10% off all rentals.


Inquire Today!

Facility Fees

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


\* All rates include GST

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



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Methods of Registration

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

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

In person Registration at 50 Midpark Rise SE

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

Notes on Registration:

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

Note on Programs:

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

Program Cancellation Policy

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

Summer recreation programs

All times, dates, classes and program schedules are subject to change. Please see the website for more information;  
[www.midsun.org](http://www.midsun.org)



# Yoga By The Lake

## Session 1

**Monday and Wednesday: 6:30-7:30**

**July 3 – July 31**

**Instructor: Shawna Lark**

**Number of classes: 9**

**Cost: \$110 M \$120 NM**

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

- If you would like to register for only 1 time per week please register in house at Mid-Sun Community Association
- Second session will begin in August

# Yoga By The Lake

## Session 2

**Monday and Wednesday: 6:30-7:30**

**August 2 – August 30**

**Instructor: Gladys**

**Number of classes: 8**

**Cost: \$100 M \$110 NM**

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

- If you would like to register for only 1 time per week please register in house at Mid-Sun Community Association

# Outdoor HIIT

**Tuesdays: 6:30pm-7:30pm**

**July 4 – August 29**

**Instructor: Kaley**

**Number of classes: 9**

**Number of Classes: July 11- August 29**

**Cost: \$90 M \$100NM**

Challenge yourself with this fast- paced, calorie-blasting workout. This class incorporates HIIT (High Intensity Interval Training), weights, cardio and boot camp styles. This workout is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced. Workouts will rotate between inside and outside. With weight and cardio, you'll be feeling great all evening and into the next day.

# 55+ Outdoor Fit and Fabulous

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

**July 6 – August 24**

**Cost: \$75 M/ \$85 NM**

**Instructor: Katie**

This class takes place at Midnapore Lake, and 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.

# 55 + Yoga By the Lake

**Tuesdays: 10:30am – 11:30am**

**July 4- August 22**

**Cost: \$75 M/ \$85 NM**

**Instructor : Shawna Lark**

This class takes place at Midnapore Lake, and 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!



# Night Market

Friday, August 18  
6 -10 pm

Mid-Sun Community Association is hosting its first ever Night Market. Come to this fun filled event to shop at vendors booths, sample local food and more.

For vendor information, please email: [programs@midsun.org](mailto:programs@midsun.org)

Watch Facebook for more information!

## NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION



### SUMMER IS HERE!!

Please make sure you have familiarized yourself with our rules and regulations. Our rule reminder of the month is:

#11 which states that Members may supply and use their own floatation toys that include non-approved watercraft such as toy dinghy's and floatation blankets in the beach swimming area that is defined as that body of water nearest the beach extending into the lake to a line between the orange shore line markers, one located on the corner of the boat dock and the other located on the south shore fishing zone. Any members using floatation toys in open lake water beyond this point are **required to supply and wear a Personal Floatation Device.**

Please remember to bring your own life jackets if you intend to venture past the swimming area. As always the safety of our members and their guests is of utmost concern.

### WHIRLING DISEASE AND MORATORIUM ON OUTSIDE BOATS

Due to the discovery of Whirling Disease in the Bow River, Alberta Fisheries has been conducting an investigation and developing a course of action. The result of this is that several man-made lakes in the Calgary area have been denied or delayed in the receipt of their 2017 fish license. We are fortunate to have been granted our license. Because this investigation is ongoing we are feeling pressure to protect our water and our lake.

We have therefore put a temporary **moratorium on the use of outside boats** in our water and ask fisherman to be careful that all their equipment is clean. This moratorium is temporary and will be lifted as we have better understanding of the Alberta Fisheries investigation

and plan. Please understand that this moratorium applies to all outside watercraft **including paddleboards**. Your understanding is appreciated during this time.

### FISH STOCKING

We are excited to announce that we have received our spring fish stocking.

We are extremely privileged, within the current situation, to have been able to receive fish. Because of the situation with whirling disease in Alberta, and the affect it has had on the fisheries, we did receive fewer fish than usual and we received brown trout, a first for this lake, instead of rainbow trout.

In response to the current situation we have gone to catch and release only for the foreseeable future.

We thank you for your understanding and support of our commitment to protecting our lake and other water bodies. We welcome any questions and concerns.

### MIDNAPORE LAKE MUSIC FESTIVAL – Save the date!

Sunday, August 20, will be our first ever all-day music festival, featuring a variety of professional musical acts. Stay tuned to our Website and Facebook page for more details.

As an added bonus we want to provide an avenue for our local up and coming musicians to perform. So if you are an amateur musician living in Midnapore and are interested performing a 15-20 minute set to promote your music please contact us at [office@midnaporelake.ca](mailto:office@midnaporelake.ca). Space is limited and a video may be requested in advance.

### MIDNAPORE LAKE BOOKINGS

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

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# FRIENDS of Fish Creek

## Summer in Fish Creek

### Rewild Fish Creek Provincial Park!

Rewild: to return to a natural and wild state. Rewilding Fish Creek Provincial Park will encourage the regeneration of natural, wild ecosystems within our park, allowing current and future generations of Calgarians to reconnect with, and wonder at, Alberta's natural beauty. Part of the rewilding process will be planting native streambank vegetation along the banks of Fish Creek. New trees and other vegetation will be planted to build riverside forests and habitat for wildlife, with the help of volunteers and donations. Together it will be possible to rewild and revitalize Fish Creek, and make the provincial park a true reflection of our native Alberta. For more information on how can support this project and rewild Fish Creek Provincial Park visit [www.friendsoffishcreek.org/rewild](http://www.friendsoffishcreek.org/rewild)

### Score an Ace for Calgary Kids – Support Outdoor Education in Fish Creek

Birdies for Kids presented by Altalink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help! Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. This program has immense potential, as any amount you donate through BFK will be matched by up to 50%. The Shaw Charity Classic will run August 30 – September 3 but you can donate now! For more information, please visit [www.friendsoffishcreek.org/birdies](http://www.friendsoffishcreek.org/birdies)

### 25<sup>th</sup> Anniversary Brick Program

Celebrate the 25<sup>th</sup> anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today! For more information contact the Friends or visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick).

### Capture Nature - Photography Contest ends July 31

Capture Nature offers a fun and creative opportunity for park users to engage with their natural surround-

ings as they search and explore for the best images of the year! Landscape, macro, wildlife, and black and white. Contest runs until July 31. [www.friendsoffishcreek.org/programs/capturenature](http://www.friendsoffishcreek.org/programs/capturenature)

### Parks Day & Creekfest

**Saturday, July 15, 2017 – 11:00 am – 4:00 pm, Bow Valley Ranch, Creek Provincial Park**

Free and Fun for the Whole Family! Celebrate Canada 150 and the 25<sup>th</sup> anniversary of the Friends of Fish Creek at Parks Day & Creekfest! Enjoy performances by Juno-award winning Peter Puffin's Whale Tales, local musician Jennie Harluk, Alberta Parks' "Riddle of the Wetlands," and a presentation by the Calgary Wildlife Rehabilitation Society. Take part in an interactive Yo-Qi Wellness Experience, guided walks, hands-on activities and educational experiences.

Parks Day & Creekfest was funded in part through the Watershed Stewardship Grant, a program of Land Stewardship Centre financed by Alberta Environment and Parks. Thank you to the Alberta Conservation Association, the Alberta Real Estate Foundation, and Great Events Catering.

For info: [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest) [www.facebook.com/creekfestinfishcreek](https://www.facebook.com/creekfestinfishcreek)

### Wellness in Fish Creek!

Experience Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors in beautiful Fish Creek Provincial Park. Engage your senses in outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)

### Photography Minibus Course with Bob Bakker

Learn some of the basics of Photography. Tour Fish Creek Provincial Park in the open-air minibuss, while making a few stops along the way take some photos, try out technique, and ask questions.

Bring your camera, camera manual, and enthusiasm. [www.friendsoffishcreek.org/programs/minibus](http://www.friendsoffishcreek.org/programs/minibus)



# Team Palmer

is busy selling Midnapore & Sundance!

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### Lake Midnapore Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	765,000	425,000	572,938	52	4
BUNGALOW	460,000	343,000	404,750	32	8
3 & 4 LEVEL SPLITS	585,000	375,000	472,357	31	7
BI-LEVEL	464,000	392,750	435,917	19	3
ATTACHED	361,000	322,000	342,850	16	10
CONDO	305,000	182,600	230,761	35	9

### Lake Sundance Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,475,000	346,000	586,054	38	34
BUNGALOW	752,500	357,000	496,613	26	8
3 & 4 LEVEL SPLITS	461,000	417,500	437,375	22	4
BI-LEVEL	335,000	335,000	335,000	12	1
ATTACHED	470,000	306,500	405,500	19	3
CONDO	-	-	-	-	-



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Mid-Sun  
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memberships expired  
on May 31, make sure to  
renew your membership  
for the year!

## 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 ?

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# Art Out-of-Doors

Summer is here, and I'm sure many of us are looking for ways to experience the arts out-of-doors, in the sunshine (hopefully not in the rain!) Like the warming rays of the sun give us vitamin D, helping to improve our mood and overall personal well-being, so does listening to music, viewing art, or seeing live theatre. According to the Canadian Council of Chief Executives, "the quality of a community's cultural infrastructure has a direct impact on quality of life."

Fortunately for us in Calgary, there are some fabulous opportunities to get our happy on and enjoy the arts outside during the month of July. Kick off your summer season with the free Canada Day celebration on Olympic Plaza with music, parades, and of course, fireworks! Among many other exciting events that day, Arts Commons and The City of Calgary are inviting 1,500 musicians to perform *Four Strong Winds* together with legendary Alberta musician, Ian Tyson – for free! To view the full lineup of Canada Day activities, you can visit [Calgary.ca/Canada150](http://Calgary.ca/Canada150).

Also happening in July, Music in the Plaza returns to Heritage Park, giving you a great opportunity to introduce your kids to a music performance without the pressure of having to sit still, and Theatre Calgary's Shakespeare on the Bow is back for another year with *As You Like It* at Prince's Island Park. Then, of course, there's the ever-popular Calgary Folk Music Festival where you can stroll from stage to stage enjoying an all-star lineup of folk musicians carefully selected for your listening enjoyment. What better way to enjoy your summer months than to combine the arts and fun in the sun?

For a full list of Calgary's festivals this summer, indoor and outdoor, you can visit [todocanada.ca/festivals-in-calgary](http://todocanada.ca/festivals-in-calgary).

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

## YOUR CITY OF CALGARY

### Green Carts are coming this summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

#### Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
SW	June 5 - July 15	Week of July 17
NW	July 3 - August 12	Week of August 14
NE	August 7 - September 2	Week of September 4
SE	August 28 - September 30	Week of October 2

#### Three things to do when your cart arrives

- 1. Bring your cart up to your home.**  
Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).
- 2. Look inside the green cart.**  
Everything you need to get started is inside the cart. This includes:
  - Kitchen pail and sample compostable bags.
  - Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.
  - Instruction guide and collection schedule.
- 3. Consult your collection schedule.**  
The collection schedule inside your cart explains when green cart collection starts in your quadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at [calgary.ca/collection](http://calgary.ca/collection).

To learn more, visit [calgary.ca/greencart](http://calgary.ca/greencart).

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## July and August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

### Cool New Summer Program for Kids

Not everyone goes away in the summer! Check out the amazing new fun programs for kids.

- Rhythmic Gymnastics, 3-5 years, 6-12 years, July 9 – August 20, 12-1:30pm
- Tumbling, 6-12 years, July 10 – August 21, 6:15-7:15pm
- Circus Arts, 6-12 years, July 10 – August 21, 5-6pm
- Musical Theatre, 6-12 years, July 13 – August 17, 6-7:30pm
- **Ultimate Frisbee Rec League**, 11-13 years, 14+ years, July 11 – August 17, 6-7:30pm
- CrossCountry, 8-13 years, July 10 – August 5, 6:15-7:15pm
- Badminton Club, 10-14 years, July 6 – August 24, 6:45-7:45pm
- Dodgeball, 10-14 years, July 5 – August 23, 6:55-7:15pm

### Day Camps

- Summer day camps now on: ages 3 to 14; full day and half-day camps, early care and late care. Affordable quality camps!
- Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 years: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

### Children & Youth

- Summer swim lessons, all ages, Monday to Friday day-



time for 1 week or Monday to Thursday evenings for 2 weeks

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 years, 3-5 years, 6-8 years), Dance with Me (2-3 years with parent), Gotta Dance (3-5 years), Little Ballerina (3-5 years), Kinder Gym Kids (4-6 years), Sportarama (3-4 years), Explorasport (4-6 years), DANCEPL3Y Kids (6-12 years.) See Spring Summer Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for details.

- **July 17-21 is registered skating and hockey week:** skating lessons all levels, intro to hockey (4-5yrs, 6-8 years, adult & child) and powerskating/hockey (7-12 years.)

### Adults/Older Adults

Stay fit over the summer!

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, Myofascial Stretch and Release, Stroller Fit.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.





# South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

**EMOTIONAL WELL BEING**  
**Meditation Drop-in**  
Every Tuesday 5:00-5:45pm

**Drumming Up Wellness**  
Every Friday 1:30-2:30pm

**Happiness Basics (4-Week Series)**  
Begins July 5 4:30-6:30pm

**Mindfulness Practice Sessions**  
July 20 6:30-7:45pm

**SUPPORT GROUPS**  
**SupportWorks**  
Wednesdays 6:00-8:00pm

**Alcoholics Anonymous**  
Wednesdays 8:00-9:00pm

**Narcotics Anonymous**  
Thursdays: 8:15-9:15pm  
Saturdays: 6:30-8:00pm  
Sundays: 7:00-8:00pm

**Smart Recovery:**  
Sundays: 3:00-4:30pm

**PARENTS/PARENTS TO BE**  
**Feeding Your Baby**  
July 4 9:30-11:30am

**Healthy Eating for Pregnancy**  
July 10 6:30-8:00pm

**Story Time & Play Date**  
July 21 or 28 10:00-11:30am

**FOOD, NUTRITION & COOKING**  
**Kids Summer Cooking Camps:**  
(Note: Fees apply.)

**Culinary Masters:**  
July 5 or 19 9:00am-4:00pm

**Science in the Kitchen:**  
**Plants We Eat:**  
July 6 or 20 9:00am-4:00pm

**Science in the Kitchen: Chemistry:**  
**July 12 or 26 9:00am-4:00pm**  
**Farm to Fork:** July 13 or 27  
9:00am-4:00pm

**The Truth About What Works in**  
**Weight Management**  
July 26 5:30-8:00 pm

**Canning: Jellies with a Twist:**  
(Note: Fees apply.)  
July 20 6:00-8:00pm



The “dog days of summer” refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

## Midnapore-Sundance mybabysitterlist

Name	Age	Contact	Course
Abigail	13	403-875-7982	Yes
Ariana	13	403-993-9146	Yes
Brandon	15	403-570-9899	Yes
Brenna	20	403-835-4224	Yes
Bridget	36	403-252-4450	Yes
Cailin	16	jenwelsh2012@gmail.com	Yes
Cassidy	15	587-583-5418	Yes
Charlotte	18	403-874-6995	Yes
Dayna	13	403-256-0911	Yes
Genelle	19	403-931-8811	Yes
Grace	15	403-256-8802	Yes
Jadelyn	15	403-201-6628	Yes
Jerika	12	403-472-3800	Yes
Julia	15	587-888-6980	Yes
Kaija	14	403-701-1146	Yes
Kaitlyn	16	403-200-7820	Yes
Kaya	16	jenwelsh2012@gmail.com	Yes
Kayleigh	17	403-618-7605	Yes
Kelsie	17	403-605-6558	Yes
Kendall	20	403-771-6386	Yes
Leandro	12	500-800-8790	No
Lenore	13	587-703-0406	Yes
Liv	15	403-619-6399	Yes
Megan	19	403-993-2964	No
Nola	31	587-284-8149	Yes
Nola	31	587-284-8149	Yes
Owen	12	587-277-5555	Yes
Rory	15	403-605-6558	Yes
Samantha	15	403-686-7479	Yes
Sienna	17	403-402-9328	No
Sophia	15	403-225-9309	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).





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



### MidSun Real Estate Update

#### Last 12 Months MIDNAPORE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$434,900	\$425,000
April 2017	\$419,450	\$414,500
March 2017	\$389,900	\$383,875
February 2017	\$402,400	\$395,500
January 2017	\$379,900	\$370,750
December 2016	\$399,450	\$381,250
November 2016	\$394,900	\$387,444
October 2016	\$359,900	\$355,000
September 2016	\$434,900	\$430,000
August 2016	\$410,000	\$393,000
July 2016	\$359,000	\$341,000
June 2016	\$380,000	\$380,000

#### Last 12 Months SUNDANCE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$499,000	\$488,000
April 2017	\$467,000	\$459,250
March 2017	\$484,800	\$471,500
February 2017	\$484,400	\$468,500
January 2017	\$462,400	\$442,500
December 2016	\$539,900	\$530,000
November 2016	\$452,350	\$440,000
October 2016	\$489,900	\$472,500
September 2016	\$482,450	\$466,500
August 2016	\$489,900	\$476,500
July 2016	\$546,944	\$527,500
June 2016	\$499,900	\$481,500

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



## The Grey Jay

Article by J.G. Turner

In 2016, the Royal Canadian Geographical Society asked Canadians to identify candidates for an 'official' bird for Canada, intending to lobby the Canadian Government to make the final choice official to mark Canada's 150<sup>th</sup> birthday in 2017. The winner was the Grey Jay which is also known as the Gray Jay, the Canada Jay, the Whisky/Whiskey Jack, the Camp Robber, the Meat Hawk and the Moose Bird.

The Grey Jay is the only grey coloured Jay in North America and is 28 to 33 cm (11 – 13 in) from beak to tail's tip, has a 45 cm (18 in) wingspan and weighs about 70 g (21.5 oz) The Grey Jay is a large fluffy grey bird with white head, black nape, short black bill, and long tail but no head crest. It has variations in its colouring in different regions and is often visually confused with Northern and Loggerhead Shrikes. This mischievous bird lives year round in every province and territory of Canada, thriving in cold temperature extremes (up to -30 C). The Grey Jay is found in boreal regions from the tree limit in the far north through mountains and foothills, coniferous and mixed forests, bogs and fens, picnic and campsites across the country.

#### Fun Facts:

- The Grey Jay is a member of the Corvidae family of birds, along with other Jays, Crows, Magpies and Ravens. This is a highly intelligent group of birds known for their boisterousness, persistence and adaptability to the presence of humans in their environment. The Grey Jay is said to have the same "brain to body size ratio" as dolphins and chimpanzees!

- These birds are of the earliest nesters in Alberta, laying eggs as early as late February. This gives their young most of the year to learn to forage and store food for their first winter.
- Grey Jays are omnivores and eat seeds, scavenge carcasses (part of nature's clean up crew), and eat eggs and nestlings of other birds.
- Grey Jay cold weather adaptations include:
  - catching small chunks of food by covering it with their sticky saliva, and 'gluing' the food to tree trunks, twigs or conifer needle clusters. The Grey Jay remembers where it stores this food!
  - allowing solar radiation to penetrate their feathers while still keeping their insulating qualities; and
  - decreasing their body temperature at night.
- You may be able to attract the Grey Jay to your backyard feeder with suet, rolled oats, shelled sunflower seeds, or dry dog and cat food.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



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We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at [myscouts.ca](http://myscouts.ca) for information and group locations.

We are an inclusive organization and financial assistance is available.

Helpdesk toll free number: 1-888-855-3336

## The Mustard Seed Prepares for the Hot Months Ahead

**Calgary, Alberta** – The Mustard Seed is gearing up for the heat and counting on the generosity of Calgarians to provide life-saving bottled water to more than 3,000 individuals facing homelessness this summer.

Those of us who have easy access to shelter indoors have experienced the effects of rising temperatures - an occasional headache, inability to sleep and unquenchable thirst. For those experiencing poverty and homelessness a heat wave is much worse, becoming a matter of life or death. The unpleasant, but mild effects the general population experience during a heat wave easily turn into heat exhaustion, heat stroke and sometimes death for those lacking basic resources and shelter.

“During hot days, when it’s 25+ degrees, we give out bottled water to just about every guest that comes in, so that’s probably around 130+ bottles a day during those days,” says Josiah Swaim, Street Level Team Lead at The Mustard Seed’s 102 building downtown.

Staying hydrated and seeking cool shelter are key in preventing heat-related health problems, yet they are the biggest challenges people face in the summer months while living through homelessness. Between walking long distances to find shelter, heavy labour jobs and having to carry all their possessions wherever they go – drinking enough water just isn’t a priority for most guests that go through The Mustard Seed.

This is where Calgarians have the opportunity to make a real difference. A donation of bottled water today will help The Mustard Seed meet the basic needs of our most vulnerable citizens during potentially harmful heat waves.

“When we can give a bottle of water to someone who comes to our door or someone on the streets, it gives them one less worry on a hot day,” says Josiah Swaim. “It’s all part of treating people with compassion, which is what we strive to do here at The Mustard Seed.”

Offering a bottle of water goes beyond providing relief from the heat – it builds hope and wellbeing for people seeking help at The Mustard Seed and connects every day Calgarians to its vision of supporting individuals experiencing homelessness toward sustainable life change. It’s a way to show love, respect and value to those who need it most.

**Water donations can be dropped off at The Mustard Seed downtown location.**

## Where there’s water, there IS a risk

Calgary’s rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. **Your Calgary Fire Department** wants to remind you about Water Safety.

### Life Jacket Safety

Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.

- Check the PFD or jackets size and weight restrictions.
- Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

### Swimming is a Lifesaving Skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

**Remember**, always keep toddlers or young children within arm’s reach while in or around all bodies of water.

### Before You Raft or Boat:

Always **SCOUT**, **ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

**Scout** the river for potential hazards and check the weather and water conditions.

**Assess** the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

**Decide** if it is safe to raft or boat.

**Ensure** you have emergency supplies on board with you.

For further information visit [calgary.ca/watersafety](http://calgary.ca/watersafety)



## Hot Dogs and Fun in The Sun

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

This summer I am going to go out to play in the sun, and I always prefer my dogs riding co-pilot. If I stop and think, my dogs may be safer and more comfortable at home as the mercury moves up the thermometer. Even with windows ajar and the temperature in the mid-teens, a car parked directly in the sun becomes dangerously hot in minutes. Everyone has had that “one-minute pop in to do an errand” turn into ten minutes and the most conscientious owner might misjudge their timing leading to a potentially fatal consequence. Calgary bylaw officers can and will fine people leaving pets in hot cars.

Dogs cannot sweat to maintain their body temperature like you and me. Dogs do sweat very minimally through the pads of their feet. Mostly they pant. As the dog pants and air moves across mucous membranes and water evaporates and cools the body. This means adequate water is also critical for a dog to maintain its body temperature. If the dog is unable to lower its temperature hyperthermia develops. Initial signs of a problem include disorientation, stumbling, and weakness. This gradually progresses to convulsions, loss of consciousness, and death. Dogs saved in the final stages of hyperthermia may still suffer permanent brain damage.

Treatment in a veterinary clinic would include intravenous fluids and medications for shock. To treat hypothermia elsewhere, move the dog to a cool place, and immerse in cool or tepid water, not cold water, and apply cool—not cold—wet towels to the dog’s groin, belly, inside the ears, and around the neck. Cold water

or ice may cause the peripheral blood vessels to shut down and would not facilitate the loss of heat from the body.

To prevent hyperthermia, exercise your dog in the cooler early mornings or late evenings and always have water handy to keep your pet well hydrated. Dogs confined outside must be able to escape to shade, and shade with some ventilation for air movement. When I competed with my dogs in obedience and field trials, I had a closed crate for winter and air-conditioned facilities, and an open wire crate for summer. Milk jugs with frozen water around the crate also supply a source of cold water. If you’re camping, have the crate in the shade and make sure that shade doesn’t disappear as the sun moves. Different breeds and sizes of dogs have different heat tolerances. A Saluki bred for the desert would tolerate far greater temperatures than an Alaskan malamute. Brachiocephalic dogs with short muzzles, like boxers and bulldogs, are particularly sensitive to becoming overheated, as are elderly pets. Do not count on your dog to know its own limits. Some Labrador retrievers will chase a ball thrown on a hot day until they collapse.

Be conscious of the air quality. Smoke from forest fires to the west of Calgary can add to heat problems making a dog more susceptible to hyperthermia.

So, steel your heart to those big brown eyes asking to come with you and if it is in your dog’s best interests leave him at home and please never leave your dog or children in a closed car in the sun for even one minute.

Have a wonderful summer.

# What You Need to Know to Get a Safe Ride Home from This Year's Stampede

Whether you are using a taxi or rideshare company—such as Uber or Tapp Car—during Stampede, there are some important safety tips to keep top of mind. Just like taxis, rideshare companies are regulated by The City of Calgary and have to meet City safety standards before drivers can take passengers. However, there are some important differences between taxi and rideshare companies:

- Rideshare drivers are not allowed to pick up people who hail them on the street or seek out business by approaching potential customers.
- All trips must be booked through a rideshare company app.

When you book your trip, make sure to look at the verification information the ride share app automatically sends you *before* you get in the vehicle. This information will safeguard you against getting into a vehicle with a potentially unsafe, unlicensed driver. The app includes:

- A photo of the driver
- The licence plate number, and the make and model of the vehicle
- Real time GPS tracking, which enables you to track the vehicle on route to your location

If you are street-hailing a taxi, it's just as important to verify that the taxi is legitimate before you get in. Make sure the driver and vehicle are both licensed. Check for a taxi plate on the rear bumper of the vehicle to verify that it is a licensed taxi. The driver's ID should be posted in a visible location, typically on the driver's visor. If you are not able to see it, you can ask to see it. Before you get into a taxi, take note of the taxi number, company and colour of the vehicle in case you need to track down lost items.

### Taxi stands for Stampede – July 7 - 16

The City of Calgary is working closely with the taxi industry and the Calgary Stampede to provide increased access to taxis around Stampede Park and surrounding areas to accommodate Stampede visitors and bar patrons.

In addition to late night and permanent downtown taxi stands, four temporary stands have been set up near Stampede Park.

- Two all-hours taxi stands located at the South and North Entrances of Stampede Park operate throughout the day. The North Entrance is given priority to accessible taxi service as it provides the closest means of entering the Park.
- Two additional late-night temporary stands have been established on 12th Avenue and Macleod Trail SE. The late-night temporary taxi stands operate every night between the hours of 10 p.m. and 3 a.m.

These locations are marked with signs, and provide safe and easily accessible points for taxis to pick-up and drop-off customers.

**Other designated taxi locations around the city**  
**Taxi Hydrant Zones**— identified with signs, and are located in various locations throughout downtown.

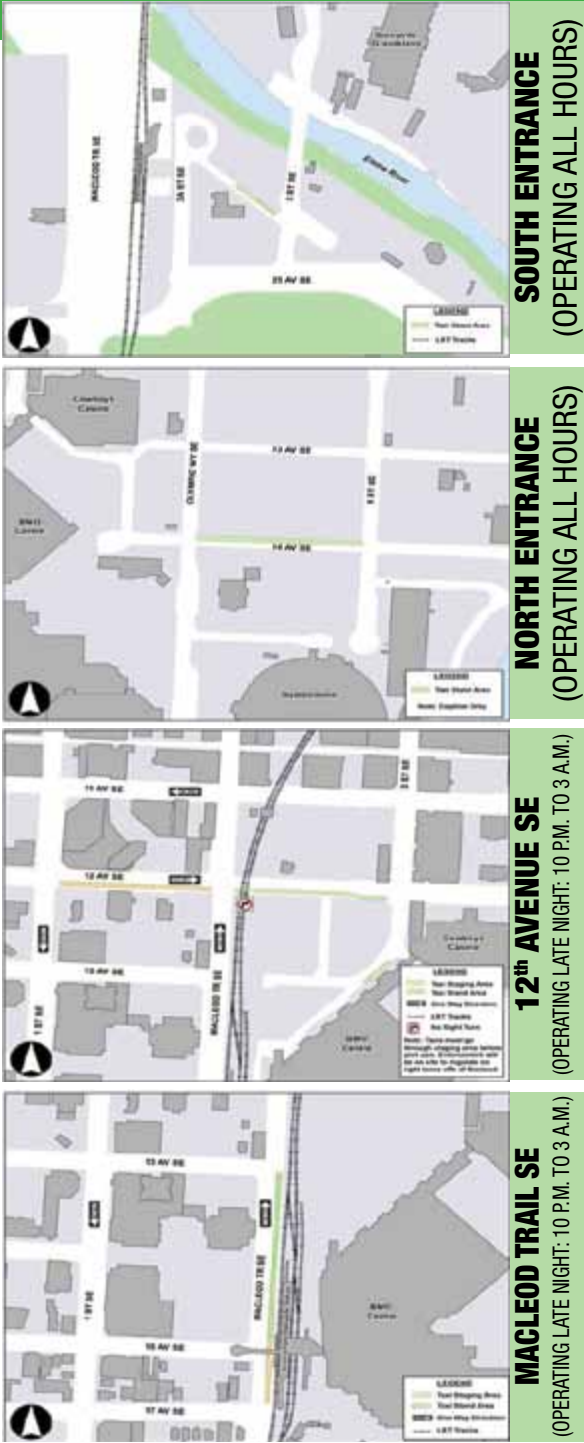
**Late Night Taxi Stands** – available to serve you between 10 p.m. and 3 a.m. on Thursday, Friday and Saturday nights. Conveniently located near restaurants, theatres and bars, these stands help Calgarians and visitors come and go safely from our city centre.

**Calgary Transit** – provides 24-hour CTrain service during the Stampede.

**Other options** – luxury sedans can be booked as a pre-arranged service. Costs are generally higher than a regular taxi. They cannot provide on-demand service. Always be diligent about checking ID information provided during booking before getting into the vehicle.

Remember, if you have any concerns about a taxi, rideshare, or limo service, contact the non-emergency line at 3-1-1. If you feel as though your safety is threatened, call 9-1-1.

# STAMPEDE TEMPORARY TAXI STAND MAPS



## SAFE & SOUND

### EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

#### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

## HOME

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**LANDSCAPING PROJECTS AND LAWN CARE VACATION COVERAGE:** Have a landscaping project you are looking to complete? Taking a vacation and need your lawn cut while you are away? Locally owned, family business working in your neighbourhood weekly. Available to quote your landscape projects and vacation lawn coverage. Call/text Mike at 403-510-6465 or visit our website at [www.amberproperty.ca](http://www.amberproperty.ca).

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## CHILDCARE / DAYHOMES

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~cont'd next page~

# BUSINESS CLASSIFIEDS

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## TAKE ON WELLNESS

### Keep Safe Against West Nile

Warm summer weather brings mosquitoes...and with them, the risk of West Nile virus.

Alberta Health Services (AHS) reminds you to make a summer habit of protecting yourself and your loved ones from mosquito bites, and their potentially severe health consequences.

"With exposure to mosquitoes comes risk of West Nile virus," says Dr. Gerry Predy, Senior Medical Officer of Health, AHS. "Because some mosquitoes carry West Nile virus, it's important to avoid being bitten at all."

Whenever engaging in outdoor activities this summer, all Albertans should take these simple steps to prevent bites and protect themselves from West Nile virus:

- Wear a long-sleeved, light-colored shirt, pants, and a hat.
- Use insect repellent with DEET.
- Consider staying indoors at dawn and dusk, when mosquitoes are most active.

"These steps can make it harder for mosquitoes to find you, and remember: if mosquitoes can't find you, they can't bite you," says Predy.

After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile Non-Neurological Syndrome (formerly known as West Nile fever) or the more serious West Nile Neurological Syndrome.

Symptoms of Non-Neurological Syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For those individuals who do develop Neurological Syndrome, symptoms can be much more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

From 2003 to 2016, more than 680 Albertans have suffered the consequences of West Nile virus infection, many of whom got bitten right here in Alberta.

"The data shows the very real risk of illness across the province," says Predy. "Protect yourself, and ensure your loved ones do the same."

To learn more about West Nile virus and reducing your risk, visit www.fightthebite.info or call Health Link at 811.



# FRIENDS of Fish Creek

**Connect with Nature and Celebrate Alberta's Parks at Parks Day & Creekfest!**  
**Saturday, July 15, 2017**  
**11:00 am – 4:00 pm**  
**FREE FUN FOR THE WHOLE FAMILY!**  
**Bow Valley Ranch, Fish Creek Provincial Park (South end of Bow Bottom Tr. SE)**

Celebrate Canada's milestone 150<sup>th</sup> anniversary and the Friends of Fish Creek's 25<sup>th</sup> year of bringing the park and community together at Parks Day & Creekfest!

The theme of World Environment Day is connecting with nature and what better way to connect with nature than by visiting Fish Creek Provincial Park, a cherished natural area we are fortunate to have within the city? Commemorate World Environment Day today by marking down July 15 on your calendar for Parks Day & Creekfest and by telling others about this amazing free summertime festival! Celebrate this province's breathtaking parks and protected areas, while enjoying a wonderful day in Fish Creek learning about environmental conservation.

Juno-award winning Peter Puffin's Whale Tales will return for the 7<sup>th</sup> year in a row to host a dynamic and interactive concert performance and song-writing workshop. Jennie Harluk, one of Calgary's youngest up and coming superstars will perform for the first time on the Parks Day & Creekfest stage. Kids and families will be regaled by Alberta Parks' "Riddle of the Wetlands" and the Calgary Wildlife Rehabilitation Society's presentation about urban wildlife. Visitors can also get on their feet to join a Yoga and Qi-Gong session, and take part in guided walks about wetlands, beavers and the new ATCO native grassland.

Have fun while learning about environmental conservation through hands-on activities and educational experiences hosted by community organizations dedicated to protecting Fish Creek and other natural areas. Food

will be available for purchase and there will be exciting draws for prizes designed to help people maximize their enjoyment of this amazing park. Tickets will go on sale for the Friends' annual fundraiser, A Taste of Autumn.

Parks Day & Creekfest was funded in part through the Watershed Stewardship Grant, a program of Land Stewardship Centre financed by Alberta Environment and Parks. Thank you to the Alberta Conservation Association, the Alberta Real Estate Foundation, Great Events Catering and the Bow Valley Ranch Restaurant. We gratefully acknowledge the generous donation from The Calgary Foundation that has helped make the use of "The Calgary Foundation Centennial Stage" possible.

Like Parks Day & Creekfest at [www.facebook.com/CREEKFESTinFishCreek](http://www.facebook.com/CREEKFESTinFishCreek) and visit [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest).

This event is sponsored by: Canada 150, Alberta Real Estate Foundation, Alberta Conservation Association, and Great Events Catering.

#### For more information, please contact:

Chris Lalonde, Friends of Fish Creek, Communications Coordinator  
 403-238-3841 or [chris@friendsoffishcreek.org](mailto:chris@friendsoffishcreek.org)



## Mid-Sun Community Association

50 Midpark Rise S.E. T2X 1L7 • Tel: 403-254-8058 • Fax: 403-256-3736 • [www.midsun.org](http://www.midsun.org)

### MID-SUN COMMUNITY ASSOCIATION BOARD OF DIRECTORS

President	Angus Macdonell	<a href="mailto:president@midsun.org">president@midsun.org</a>
Past President	Keith Pedersen	<a href="mailto:keithpedersen@live.com">keithpedersen@live.com</a>
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Director of Fundraising - Casino	Rose-Marie McKinnon	<a href="mailto:rmcreations@shaw.ca">rmcreations@shaw.ca</a>
Director of Community Relations	Kim Taylor	<a href="mailto:communityrelations@midsun.org">communityrelations@midsun.org</a>
Chair - Traffic Committee	Christine Neilsen	<a href="mailto:traffic@midsun.org">traffic@midsun.org</a>
Chair - Garden	Kim Taylor	<a href="mailto:midsungarden@gmail.com">midsungarden@gmail.com</a>
Member at Large	Devin Elkin	
Member at Large	Mark Dumouchel	
Facility Manager	Sharmaleigh Luft	<a href="mailto:facility.manager@midsun.org">facility.manager@midsun.org</a>
Community Recreation Coordinator	Lisa Johnston	<a href="mailto:lisa.johnston@calgary.ca">lisa.johnston@calgary.ca</a>
CPS - Community Liaison Officer	Cst. Rick Robbins	
Trico/FLC Rep	Jeff Pratt	<a href="mailto:jeff@theprattfamily.net">jeff@theprattfamily.net</a>
Cardel Rec - South Rep	Doug Bouwmeester	

### CONTACTS

Mid-Sun OOSC Program	Servicing Mother Theresa and FJW	403-254-8058 ext. 229 <a href="mailto:childcare@midsun.org">childcare@midsun.org</a>
Midnapore OOSC Program	Servicing Midnapore School	403-254-0288 <a href="mailto:midnaporeoosc@midsun.org">midnaporeoosc@midsun.org</a>
MLA	Graham Sucha	<a href="mailto:Graham.Sucha@assembly.ab.ca">Graham.Sucha@assembly.ab.ca</a>
Ward 14 Councillor	Peter DeMong	<a href="mailto:ward14@calgary.ca">ward14@calgary.ca</a>



**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**

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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

**ACOUSTIC MUSIC NEIGHBOURHOOD JAM:** Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

**IN CONSIDERATION OF YOUR NEIGHBOURS:** Even though the city noise bylaw states you can mow your lawn up to 10:00 p.m., my family and friends have lived by the following: If the temperature is over 18C please do not cut your grass or use power devices after 5:00 p.m.

**FLC SENIORS CLUB 55+ -Tai Chi-** call Juliette 403-225-1593 or email taichi@flcseniors.ca. **-Line Dancing-** call Ann 403-254-9181 or email linedancing@flcseniors.ca. For more activities, visit www.flcseniors.ca. Join us for a very affordable, healthy, and active lifestyle.

## CHURCHES

Sunwest Christian Fellowship	403.254.2823
Tree of Life Lutheran Church	403.726.0911
St. Paul's Anglican Church	403.256.1428
Deer Park United Church	403.278.8263
First Alliance Church	403.252.7572
All Saints Lutheran	403.256.0262
Lutheran Church of Our Saviour	403.253.1453
New Hope Community Church	403.256.2772
Fairview Baptist Church	403.252.1704
Spiritual Community Church of the West	403.225.4331
Red Deer Lake United Church	403.256.3181
The Church of Jesus Christ of Latter Day Saints	403.254.8679
Canyon Creek Christian Fellowship	403.256.3167
Campbell-Stone United Church	403.708.7729
Southview Church	403.873.5223
Knexions Church	403.256.4722
Bonavista Baptist Church	403.271.6969



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Calgary, AB Canada T2X 2X7  
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✉ calgary.shaw@assembly.ab.ca

### Constituency Update

As many of you know, construction is underway on the Southwest Calgary Ring Road project. This is the second to last section of the Calgary Ring Road and includes 31 kilometers of new six and eight-lane divided highway with 14 interchanges, one road flyover, one railway crossing, 47 bridges, one culvert set, one tunnel, three river crossings, and two river realignments. A project like this requires an aggressive construction schedule to finish on time in 2021. This major investment in Calgary will improve access and reduce congestion. I know how important the ring road is to Calgarians—it will help families spend more time together, improve the safety of our roads and create good jobs in the process. In fact, KGL, the project contractor, held a job fair in Calgary in April to hire for roughly 300 trades positions, and, at current count, nearly 40 sub-contractors from Calgary and across Alberta are contributing work to this project.

As for our constituency, construction on McLeod Trail has started—pile driving and drainage improvements are underway. Construction hours are Monday to Saturday from 7 a.m. to 10 p.m. and Sunday and statutory holidays from 9 a.m. to 10 p.m.

I know that active construction is disruptive for the people who live nearby. I have been in close contact with Minister Brian Mason's office to ensure resident concerns are heard and dust and noise is mitigated as much as possible.

I also want to let you know that The Shawville Blvd. access to MacLeod Trail will be closed in September 2017. The closure is required to facilitate construction of the Highway 22X/MacLeod Trail interchange. Due to geometric constraints and the grade differential between the proposed detour and Shawville access, the management of traffic at this access during construction is not safe and may result in accidents. The City has requested to delay the closure of this access until September as they are currently building another interchange (162 Ave/MacLeod) just north of the ring road (Highway 22X/MacLeod).

We appreciate the patience and cooperation of residents as we move forward with these important investments in our community.

### In the community

Now that it is summer, the Legislature is no longer in session. This means MLAs can spend more time in their ridings meeting with constituents. I am always interested in attending community events so if you are planning something, please feel free to let my office know. We will be having a Stampede BBQ on Sunday, July 9<sup>th</sup> from 11-2 at 352 Sunvale Drive SE. There will be great food, live music, and a visit from the Calgary Public Library Truck! Hope to see you there. If you have any questions please contact my office at 403-256-8969.

**DR. GARY HARRISON, D.D.S.**

**DR. LUKE SZOTT, D.D.S.**

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

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**Councillor, Ward 14  
Peter Demong**  
[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eward14@calgary.ca](mailto:eward14@calgary.ca) or  
 403-268-1653

#### Howdy Ward 14!

My column at this time last year was, frankly, a bit somber. The province was going through a tough time, and my message was to take the month to celebrate in a way only Calgary knows how—by Stampeding!

While there is no doubt some of our neighbours are still feeling the effects of the downturn in our economy, the view over the horizon is starting to look a little brighter. The Conference Board of Canada is predicting Calgary's economy will grow for the first time in three years! It hopefully means new jobs, and that is another great reason to celebrate...

Take a look at [calgariystampede.com](http://calgariystampede.com). There are many new and exciting things planned for the Stampede this year.

#### Stampede Parade - route reversal

As I mentioned last month the Stampede parade route has been reversed this year. If you are planning to attend, you should probably plan accordingly. For more information, you should visit [parade.calgariystampede.com](http://parade.calgariystampede.com).

#### Counciltalk

I want to tip my hat to all the patrons of Counciltalk in this and previous years. It never ceases to amaze me how the great people of Ward 14 respond when I call on them to exercise their right to free speech. Listening to you is the most important part of my job, and I am so grateful to everyone who shows up to tell me what is important to them.

If you aren't sure what Counciltalk is, I encourage you to visit [calgary.ca/counciltalk](http://calgary.ca/counciltalk) to learn more. I will return with more Counciltalk dates as soon as possible. Visit [calgary.ca/ward14connect](http://calgary.ca/ward14connect) to get email reminders of upcoming Counciltalk dates.

#### Ward 14 Communities BBQ

There is still time, and lots of planning to be done before September 16, but the Ward 14 Communities BBQ—as it has for six years now—is gradually coming closer.

For those who are unaware, the Ward 14 Communities BBQ is my membership drive for Ward 14 community associations. I round up money from generous sponsors to

pay for the cost of the event and to financially support the community. We raise a lot of money and they add a lot of members. Those facts have not changed over the six years.

But there are a few new things for this year, like some great new food, and some new sponsors. To start, Spolumbo's is the newest food sponsor. Instead of the traditional burger, you can have one of their delicious burgers on a bun.

I also want to introduce Pacific Developments as the newest financial sponsor. They join United Communities, Mattamy Homes, and Genstar on the list at this early point.

Thank you to all of them, and Southcentre for the venue!

Of course, there will be all sorts of entertainment, and exhibitors to see. Stay tuned for more details to come.

As I mentioned, this year the BBQ will be on September 16 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. Mark it in your calendar because you are welcome to join. We will have a lot of fun. Visit [www.calgary.ca/ward-14bbq](http://www.calgary.ca/ward-14bbq) for more info.

That is all for now. Have fun stampeding, and a great July!

Happy trails to you, until we meet again!

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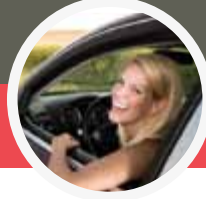
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