

Mid-Sun

messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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-Ed Bradley, CBS-60 Minutes

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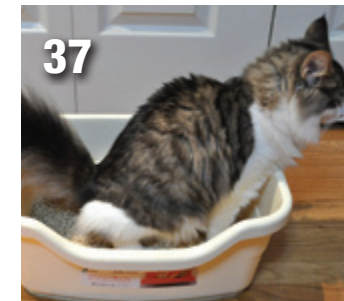


November 2017



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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
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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	
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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

PRESIDENT'S MESSAGE

It's funny how life turns out.

When I was nine years old the Mid-Sun Messages had a white and blue cover, and all the content inside was in black and white. I was one of the volunteers who helped deliver them, and my route was along 1st Street and Midridge Drive. Now, almost 20 years later, the newsletter is in full colour, delivered by post, by e-mail and readable online. And I have the honour of writing the President's Message inside.

For those of you who don't know me, I grew up in Midnapore and have called it home for over 25 years. I went to school in Midnapore and Sundance, and have worked in both communities. All of my close friends grew up in the area, and it's where I fell in love. This community means everything to me. Watching the changes in our neighbourhood over the years has led me to do extensive research and writing on its past; I joined the Mid-Sun Community Association to have an active role in shaping its future.

Since early 2014 I have been an active board member, with a focus on area planning and development. For two years I have served as Vice-President, and have now been elected by the association members to serve as President. So many amazing people have been in this role, and I feel honoured to join their ranks. Thank you to the Mid-Sun members for supporting me, and thank you to outgoing President, Angus Macdonell. I will miss reading your sharp takes in these pages, and wish you all the best.

Our recent community AGM was a success. It was great to see some familiar faces returning to the board, as well as some new ones looking to make a difference. In the coming months there will be several projects to make our community even better and I will keep you updated on them. I am looking forward to strengthening the association and making connections with the residents and groups that call this area home. Please let me know what you would like to see in the neighbourhood, at the Mid-Sun Community Centre or from the association. And if you have a Mid-Sun membership, which I encourage you to get, feel free to come to a meeting this upcoming session. We would love for you to join us.

There's so much going on, and I still can't believe where life has taken me. But I wouldn't have it any other way.

-Mark Schmidt
President, Mid-Sun Community Association

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By Kim Taylor, Chair

Wow, time passes so quickly! It's already November and our garden has seen an absolutely, incredible year. In early June, I was diagnosed with a rare form of cancer and have been undergoing treatment for the past six months. I had to step down from many of my volunteer roles, but the one that I valued extensively was my role as chair for our community garden. I have probably missed this one the most. However, as is the norm with our incredible little garden team, everyone involved stepped up with gusto and passion and our garden has bloomed into a shining example of true community spirit.

The friends and neighbours that I have met through gardening has been fantastic. Their dedication, their hard work, and their ability to take a simple plot, (usually filled with weeds in the spring) and turn it into glorious works of botanical art in the fall amazes me and fills me with hope. I am extremely grateful to be a part of this incredible community of like-minded souls and I am thankful that the Mid-Sun community has such an engaging group of community members that really shine when they are needed.

Over the past six months, our community garden has been a perfect example of giving back to our community. We grow hops and beets for Village Brewery and the Alberta Treasury Branch through a mutually beneficial partnership, that allows us to obtain funds to keep our garden alive and growing. This in turn has allowed Village Brewery to come up with local brews that keep Calgary on the map when it comes to organic brewing.

We established a relationship with the Calgary Veteran's Food Bank, where we were able to grow and harvest fresh produce for an organization that experiences a lot of problems keeping their shelves full for these people who risked their lives for us. Many of our gardeners so loved this idea, that we had several members donate their own bounty for this exceptional cause. If you can help, please consider the Veteran's Food Bank as they always need donations, especially with Christmas coming up.

Our relationships with others allow us to create and develop new programs within our community garden.

One of our longstanding relationships that we really appreciate is our relationship with community workers that are working off fines etc. Every year, at least twice and sometimes even three times a year, they come to our community garden and help us with tasks that would otherwise cost a lot of money to get done. They range in age from young adults to the elderly and every time that we have them in the garden, they have done the work enthusiastically and without complaint. For some, it brings back their childhood experiences and for others, it is the very first time of being in a garden and you can see the happiness that working in a garden like ours, provides.

Another great relationship that we have developed is with the Calgary Horticultural Society, which has given us access to their awesome garlic exchange program. This has been an exciting learning opportunity for our gardeners and has allowed us to give back to the society as well!

Saving money like this allows us to create community events that are fun and rewarding. We have gardening information sessions, paint nights, little events like our herb butter making, or our tea socials, where attendees were able to try edible flowers on delicious little cookies. There is always something for everyone.

No garden can survive without grants and we are no exception when it comes to this. This year, we were able to secure a grant from ActivateYYC and we held our very first Art in the Garden program. With local artists creating their unique art in our garden, face painting and crafts for the kids, and our annual fall plant share, there were more than enough activities for everyone.

We were also able to secure a grant from Scott's, which highlights the best of our community gardens and individual gardeners! You will see some of them highlighted in the spring editions of Mid-Sun Messages.

Donations are always a huge part of our garden's success and this year was no exception. We were very fortunate to receive donations of compost and mulch from the City of Calgary as well as a corporate sponsor Aim Group. In addition to these donations, we have been very fortunate to receive donations of composters and flagstone from some great community members. If you

would like to sponsor or donate to our garden in any way, we are a very appreciative group and there is always something on a shelf that requires funds or labour to bring to fruition.

We have included a few pics of our Art in the Garden event to show you what fun we have when we are together. If you would like to get involved or rent a plot for next season, please send an email to midsungarden@gmail.com and register sooner than later.

Most importantly, we are grateful for the unwavering commitment of each of our gardeners. An incredible group of people, who share a love for gardening, their community and the opportunity to be part of something larger than themselves. The gardening season may be over, but the true spirit of our community garden lives on.



See you at the garden!



Mid Sun Community Garden wishes to thank Activate YYC for the supporting grant for our ART IN THE GARDEN party on September 23, 2017!

We were able to host many gardeners and neighbours ✨ learn about our local Mid Sun artists ✨ enjoy a kids art project ✨ have our faces painted ✨ share plants ✨ register for the 2018 garden season ✨ and enjoy tasty desserts and coffee/tea

We appreciate the community support, the MSCA, and all our garden friends for a successful season. See you in the spring!

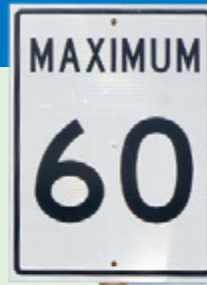




Are you concerned about increasing traffic and speed issues along **SUN VALLEY BLVD?**

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



“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 2016/2017. 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: facility.manager@midsun.org
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
- Twitter @MidSunCommunity

MID-SUN BUSINESS MEMBERS

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

Please Support Your Local Businesses.

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

To join this list, please email programs@midsun.org



**Check out our new look!
Visit www.midsun.org**

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

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5 Game Pass (\$10) or 10 Game Pass (\$20) must be purchased.

*Please see www.midsun.org for available dates

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



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

ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY*
403-SENIORS (403-736-4677) - The Way In Information, advice and help to connect to programs and benefits for older adults – business hours only. www.thewayincalgary.ca
403-943-LINK (403-943-5465) – HealthLink 24 hour nursing advice and health service information
403-266-HELP (403-266-4357) SeniorConnect & Distress Centre Calgary - 24 hour Crisis Line support for yourself, or a senior who may be at risk in the community. www.distresscentre.com
403-705-3250 - Elder Abuse Resource Line 24 hour confidential information, support and potential referral regarding elder abuse including intake line for the Kerby Rotary Shelter.
2-1-1 24 hour Information on community and social services in Calgary www.211calgary.ca
3-1-1 24 hour Information on all City of Calgary Services, or www.calgary.ca
4-1-1 24 hour access to telephone directory listing across Canada (there is a charge for this) www.canada411.ca (free online service)
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By Kim Taylor

Dear Neighbours,

It is hard to believe that we are already in November. Our first snowfall in Calgary came on Oct 1, yet on Oct 7 we were back up to 21 degrees. We live in such a fickle weather zone, but as we all know, snow can come at any time...which is why we would like to bring up the Federation of Calgary Communities' Snow Angel program.

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved in and help neighbours. By shoveling snow for each other you can encourage other neighbours to take care of one another!

Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property. For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the building safe communities menu item.

November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during "adopt-a-senior-pet" month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is

offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.

You have opinions, The City wants to hear them

Tell us what you want from your city by joining the Citizens' View panel. Citizens' View is an online platform that allows Calgarians to participate in shaping City programs and services through online surveys, discussions and engagement activities. Information collected through Citizens' View will contribute into City decision-making. Every effort will be made to foster two-way communication and The City will strive to let you know how information collected will be used. You will be sent one or two surveys or activities each month based on your interests and preferences.

The City is looking for a wide range of people who reflect the demographic make-up of Calgary to join the panel. If you live in Calgary and are over the age of 18 years you can join. Participation is voluntary and you can withdraw at any time.

Please visit citizensview.ca and join today.

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge, including employment counseling, career planning, networking assistance, résumé assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.


Subsidies are available for City services

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

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

- Calgary Transit Low-Income Transit Pass Program and Low-Income Seniors Yearly Pass
- Recreation Fee Assistance Program
- Property Tax Assistance Program
- No Cost Spay/Neuter Program
- Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

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CONTACT

Midnapore Mall
38-240 Midpark Way SE
himalayascalgary@gmail.com
www.tasteofhimalayas.ca

403-201-7336

HOURS

Mon-Thur: 11:30am - 9:30pm
Friday: 11:30am - 10pm
Saturday: 2pm-10pm
Sunday: 2pm-9:30pm



Powered By Youth

Dates: Tuesdays,
October 3rd - December 12th
Time: 4:30 p.m. - 6:30 p.m.
Community: Midnapore
Address: 50 Midpark Rise S.E.
(Mid-Sun Community Association)

Powered By Youth is a FREE program for participants aged 12-17 who want to have fun, meet new friends, gain leadership experience, and discover more about their communities. This program meets every week and gives participants job preparedness in a fun and inclusive environment.

For more information, contact:
Bojan Glisic, Recreation Program Specialist
P: (403)476-7224 • E: Bojan.Glisic@Calgary.ca



Methods of Registration

Online Registration www.midsun.org

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

In person Registration at 50 Midpark Rise SE

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

Notes on Registration:

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

Note on Programs:

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

Program Cancellation Policy

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

MINIMUM REGISTRATION REQUIREMENTS

Our programs are based on a minimum and maximum number of participants.

Each class varies in capacity due to our desire to provide a quality experience, equipment requirements, safety and costs.

Please register early to avoid disappointment. Many classes fill very quickly! If minimum numbers are not reached, classes will be cancelled.

All programs run for 11 classes, unless otherwise specified.

Register before November 30 and receive \$5 off each class.

Classes that do not meet minimum registrations will be cancelled one week prior to class start.

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

Winter 2018 RECREATION PROGRAMS

Be healthy and active in 2018!

Winter registration begins
Tuesday November 14 at 9am
online and in-house



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sales@great-news.ca



87 Monthly Community Newsletters
391,000 Households

PRESCHOOL PROGRAMS (Age 3-5)

Tiny Dancers

Tuesday: 4:30pm – 5:30pm

January 16 – March 27 11 classes

Age: 3-5

Instructor: Karen

Cost \$90 M / \$100 NM

(min 6 – max 12)

There's a tiny dancer in all children; this class gives them space to shine. Spend a delightful hour with Miss Karen while discovering body awareness, music appreciation and group dynamics. Pretty ribbons and hoops add even more creative flair and fun! All levels welcome to this pre-dance class.

*Sign up for a Yoga for Everyone class while your little one dances

Gym Tots

Tuesday: 9:15 – 10am

January 16 – March 27 11 classes

Age: 3-5

Instructor: TBA

Cost: \$70 M / \$80 NM

(min 6 – max 12)

This class is perfect for little ones with lots of energy who love to run and play!

Supervised and safe free time with balls, hoops, shapes, cones and so much more makes for a FUN and active morning!

Note: This is a non-parented class, however you are more than welcome to stay during the class.



KIDS' PROGRAMS

Youth Badminton

Friday: 5:15pm-6:15pm

January 19 – March 23 10 classes

Age: 8-13

Cost: \$90M / \$100 NM

(min 4 – max 12)

Instructor: TBD

Explore how much fun badminton is while learning and improving basic skills. All levels are welcome! Each class includes drills, team work and fun game play. Bring your own racquet or borrow one of ours.

Youth Basketball Level 1

Thursday: 5:00pm-6:00pm

January 18 – March 29 11 classes

Age: 6-9

Cost: \$100M / \$110NM

(min 5 – max 14)

Instructor: Greg

Do you love basketball? This is the class for you! Learn the fundamental skills to be an awesome player. The class include free time, partner drills, shooting, passing, ball handling, moving without the ball and defense. This is a non-competitive class based on fun.

Youth Basketball Level 2

Monday: 6:00pm-7:00pm

January 15 – March 26 10 classes

No class: February 19

Age: 8-13

Instructor: Courtney

Cost: \$90 M / \$100 NM

(min 5 – max 14)

This class is for athletes who want slightly more advanced basketball lessons, who have taken our level 1 basketball class or have some experience playing basketball. This class will cover shooting techniques, dribbling moves, as well as mechanics, shooting on the move, cutting and dribbling. This is a fun, non-competitive class.

Youth Dodgeball

Wednesday: 5:00pm-6:00pm

January 17 – March 28 11 classes

Age: 8-12

Cost: \$100M / \$110 NM

(min 6 – max 18)

Instructor: Stephen

OR

Friday: 4:30-5:30

January 19 – March 23 10 classes

No class Friday March 30

Age: 8-12

Cost: \$90M / \$100 NM

(min 6 – max 18)

Instructor: Stephen

Super awesome fun! This class provides participants with a safe and well supervised environment to run, leap, throw, catch and be active.

Youth Floor Hockey

Wednesday: 6:00pm- 7:00pm

January 17 – March 28 11 classes

Age: 7-11

Cost: \$100M / \$110NM

(min 6 – max 14)

Instructor: Eric

Lots of fun, running and game play! Focus on fundamental concepts of the game in a supportive, non-competitive environment. Coach Eric will zero in on skills like passing, shooting basic positioning, stick handling and goal tending in a fun and exciting class. All levels welcome, especially beginners.

Youth Tennis

Tuesday: 4:00pm-5:00pm

January 16 – March 27 11 classes

Age: 6-9

OR

Tuesdays: 5:00pm-6:00pm 11 classes

Age: 10-13

Instructor: Scott from Universal Tennis

Cost: \$125 M / \$135 NM

(min 4 – max 12)

Indoor tennis is so much fun! All levels are welcome to join in and improve basic tennis skills. There is lots of time to play against your friends in a mini game. Instructor Scott will provide individual assistance to all players to encourage supportive self-paced learning. Scott is Tennis Canada Certified (at the Club pro1 level). Bring your own racquet or borrow one of ours.

Little Athletes: Multi-Sport

Monday: 5:00pm-6:00pm

January 15 – March 26 10 classes

No class: February 19

Age: 4-7

Instructor:

Kaley

Cost: \$90

M / \$100

NM

SO much

fun and

so many

cool

sports

to try!

Each week

is a new

experience:

hockey, soccer, football,

baseball, basketball, volleyball,

rugby and more! Improve coordination, catching,

throwing, kicking, balance, confidence and teamwork

in a supportive, non-competitive environment.

Rookie Rugby

Monday: 6:00pm-7:00pm

January 15 – March 26 10 classes

No class: February 19

Age: 6 - 9

Instructor: Kaley

Cost: \$70 M / \$80 NM

(min 5 - max 15)

Whoa! In rugby the ball is passed BACKWARDS! How awesome is that? Have a super fun time improving throwing, kicking, catching, teamwork, and enjoy lots of running! All levels welcome.

TEEN PROGRAMS

Yoga for Everyone (Teen)

Tuesday: 4:30pm- 5:30pm

January 16 – March 27

Age: 13-18

Cost: \$60 M / \$70 NM

(min 6 – max 18)

Instructor: Tracey

Improve your strength, flexibility and balance. 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.

Note: All ages are invited to this class. Make sure you register as a teen to get a discounted rate!





ART PROGRAMS

Watercolour Painting: Beginner

Wednesday: 7:00pm-9:00pm

January 17 – March 28 11 classes

OR

Thursday: 10:30am – 12:30pm

January 18 – March 29 11 classes

Instructor: Gabriele Vogt-Lynch

Cost: \$185 M, \$195 NM (supplies not included)

(min 6 – max 12) these classes will fill quickly

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 large sheet of watercolour paper included. A supply list will be provided at registration.

Watercolour Painting: Intermediate

Thursday: 7:00pm-9:00pm

January 18 – March 29 11 classes

Instructor: Gabriele Vogt-Lynch

Cost: \$185 M, \$195 NM (supplies not included)

(min 6 – max 12) this class will fill quickly

Continue your watercolour painting journey 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. Register early as the class fills fast. One large sheet of watercolour paper is included.

Prerequisite- Watercolour Painting: Beginner

Watercolour Painting: Advanced

Friday: 10:15am – 12:45pm

January 19 – March 23 10 classes

No class March 30

Instructor: Gabriele Vogt-Lynch

Cost: \$172 M, \$182 NM (supplies not included)

(min 6 – max 12)

Immerse yourself in a creative and supportive environment! Bring your ideas and benefit from the invaluable guidance of Calgary artist Gabriele Vogt-Lynch. Strong experience in watercolour painting required, preferably having completed the Beginner and Intermediate classes with Gabriele. One large sheet of watercolour paper included.

Acrylics with Alexandre

Wednesday: 11:00am-1:30pm

January 17 – March 28 11 classes

Cost: \$220 M / \$230 NM (supplied not included)

(min 6 – max 12)

Instructor: Alexandre Ivanov

Use your own inspiration to create art in this self-paced and supportive class. Established artist Alexandre Ivanov will provide personal suggestions and learning opportunities for all artists. All levels are welcome.

ADULT FITNESS PROGRAMS

Teachers may choose to use essential oils to enhance your experience. Please share any sensitivities you may have with your teacher.

Barre

Tuesday: 7:15pm-8:15pm

January 16 – March 27 11 classes

Cost: \$100 M / \$110 NM

(min 6 - max 16)

Instructor: Leanne

Bring out your inner dancer! This beautiful mix of fitness and dance training provides a total body workout. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using weights. The ballet barre is used for a strong focus on hip and booty toning, and each class ends with a relaxing cooldown and stretch. All levels welcome!

Cardio Blast

Wednesday: 7:05pm-8:05pm

January 17 - March 28 11 classes

Cost: \$100 M / \$110 NM

(min 5 - max 16)

Instructor: Tracey

Improve your fitness, strength and flexibility with this super fun self-paced class! A sure bet to meet your 2018 fitness goals! Each class is fresh, new and exciting with cardio coming from low impact, step, bootcamp, circuit, HITT, kickboxing and so much more. Each class contains core exercises, lots of strength and a relaxing yoga cooldown.

HIIT It Hard

Tuesday: 5:30pm-6:30pm

January 16 - March 27 11 classes

Cost \$100 M / \$110 NM

(min 5 - max 16)

Instructor: Kaley

Get your fitness HIIT (High Intensity Interval Training) with this amazing high energy class! An intense hour comprised of high intensity cardio intervals with strength training and core exercises for a total body workout to maximize your calorie burning and fitness results. This class is designed to push you to your maximum effort; step up to the challenge! All levels are welcome to this self-paced class.

Hula Hoop Fit and Fun

Friday: 5:00pm-6:00pm

January 19 – March 23 10 classes

Cost: \$110 M / \$120 NM

(min 5 – max 12)

Instructor: Celeste

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; all levels welcome! Each class includes yoga stretches, followed by a full body low impact cardio workout, a cooldown and relaxing stretching. 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. We provide the hula hoops and Yoga mats.

Pickleball (drop-in)

Friday: 10:15am - 12:30pm

January 12 - March 23

Cost: \$2 drop-in / \$10 for a 5 visit pass / \$20 for a 10 visit pass

6 courts available

All levels are welcome!

Worth the Weight

Tuesday: 6:35pm-7:35pm

January 16 - March 27 11 classes

Cost: \$100 M / \$110 NM

(min 5 - max 16)

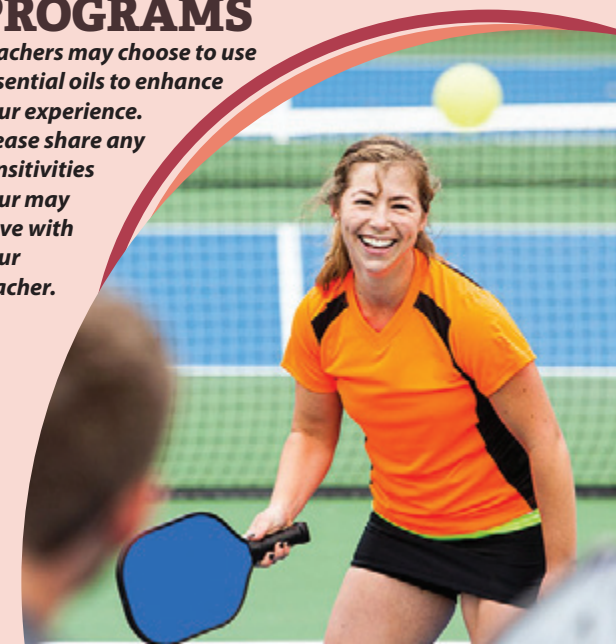
Instructor: Kaley

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

ADULT YOGA PROGRAMS

Teachers may choose to use essential oils to enhance your experience.

Please share any sensitivities you may have with your teacher.



Yoga at Your Level

Mondays 8:00pm-9:00pm

January 15 - March 26 10 classes

No class: February 19

Cost: \$110 M / \$120 NM

(min 5 - max 14) This class will fill quickly

OR

Wednesday: 5:55pm- 6:55pm

January 17 - March 28 11 classes

Cost: \$120 M / \$130 NM

(min 5 - max 16) This class will fill quickly

Instructor: Gladys

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. All yoga props provided. You are welcome to bring your own mat or borrow one of ours.

Gentle Yoga

Tuesday: 8:00pm-9:00pm

January 16 - March 27 11 classes

Cost: \$100 M / \$110 NM

(min 5 - max 16)

Instructor: Caroline

Boost your energy and calm your mind in this self-paced class. Learn comfortable positions and use yoga props (provided) to increase strength, flexibility and balance, both physically and mentally. Taking special consideration of any injuries and limitations you may have, modifications are provided for all levels. Relax and rejuvenate!

Yoga For Everyone

Tuesday: 4:30pm- 5:30pm

January 16 - March 27 11 classes

Age: 19+

Cost: \$80 M / \$90 NM

(min 7 - max 18)

Instructor: Tracey

Improve your strength, flexibility and balance. This ALL LEVELS class consists of a flowing practice designed to help you build foundational strength, freedom of movement and a connection to your breath, helping you feel grounded, energized and inspired. All yoga props provided. You are welcome to bring your own mat or borrow one of ours.

Note: Tiny Dancers runs at the same time as this class.

Treat yourself to a yoga class and your 3-5 year old to the joy of dance!

Note: Teens are welcome to join this class at a reduced rate. Make this a mother -daughter activity!

50+ ACTIVE LIVING PROGRAMS

50+ Yoga

Tuesday: 10:00am - 11:00am

January 16 - March 27 11 classes

OR

Thursday: 10:00am-11:00am

January 18 - March 29 11 classes

Cost: \$85 M/ \$95 NM

(min 5 - max 20) These classes will fill quickly.

Instructor: Tracey

This class is designed for relatively active men and women over the age of 50. 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!

50+ Gentle Chair Yoga

Friday: 10:30am-11:30am

January 19 - March 23 10 classes

Cost: \$75 M/ \$85 NM

(min 5 - max 16)

Instructor: Caroline

No getting down and up off the floor in this class! We use a chair to create an enjoyable and safe environment to improve range of motion, balance, flexibility and strength. Taking special consideration of any injuries and limitations you may have, each class is personalized to your individual needs. Treat yourself to a relaxing and rejuvenating Friday! All levels are welcome.

Note: If you are unsure if this class is for you, please contact Caroline, Mid-Sun Facility Coordinator at 403 254 8054



50+ Fit and Fabulous

Monday: 10:15am-11:15am

January 15 - March 26 10 classes

No Class February 19

Cost: \$75 M/ \$85 NM

(min 5 - max 20)

Instructor: Tracey

This class is designed for you to improve your overall fitness level. Each class starts with a gentle warmup, easy to follow cardio fitness, hand weights, abdominal exercises and stretching to improve your strength and overall fitness. This is a self-paced class and all levels are welcome.

50+ Zumba Gold

Tuesday: 11:15am-12:15pm

January 16 - March 27 11 classes

Cost: \$85 M/ \$95 NM

Instructor: Julie

Dance like no one is watching! A fun and social class that is perfect for adults looking for a fun Latin-inspired class with easy to follow moves, all at a moderate intensity.

Beginner Line Dancing (level 1)

Wednesday: 9:40am-

10:40am

January 10 - March 28 12 classes

Cost: \$105 M/ \$115 NM

(min 5 - max 16)

Instructor: Joe

Line dancing is for fun and fitness- no partner required! Learn new dances in a supportive and welcoming environment; improve your balance, focus, strength and coordination. Instructor Joe has 25+ successful years of teaching line dancing. If you ever wanted to try line dancing, this is the ideal time and opportunity!

Experienced Line Dancing (level 2)

Wednesday: 10:45am-11:45am

January 11 - March 28 12 classes

Cost: \$105 M/ \$115 NM

(min 5 - max 16)

Instructor: Joe

Continue the fun in this next level of Line Dancing. Build on what you have learned in the Beginner class. A

number of new dances will be taught with even more fun to be had! Instructor Joe has 25+ successful years of teaching line dance!

Prerequisite: Beginner Line Dance Level 1

Be Balanced: Fall Prevention

Tuesday: 2:30pm-3:30pm

January 16 - March 27 11 classes

Age: 60+ or by approval from Facility Coordinator call 403 254 8058 for more information

Cost: \$65 M / \$75 NM

(min 6 - max 12)

Instructor: Katie

Exercise and Fall Prevention Programs help you stay healthy, active, and mobile. If you have fallen or are concerned about falling, this class is for you! Each class starts with a gentle warmup, easy cardiovascular fitness, strength work, a cooldown and relaxing flexibility. A chair is used for confidence and support. This class is completely self-paced and Katie will provide modifications to ensure you feel comfortable during the class.

Pickleball (drop-in)

Friday: 10:15am - 12:30pm

January 12 - March 23

Cost: \$2 drop-in / \$10 for a 5 visit pass / \$20 for a 10 visit pass

6 courts available

All levels are welcome!

Contact us!

Your feedback is always appreciated. We value the time you take to share your experiences with us and respect your privacy. We build our classes around what works for you!

Email: programs@midsun.org

phone: Caroline, Facility Coordinator at 403 254 8058

Giving Back at Mid-Sun

We have volunteer opportunities available for you to give back to your community. A few hours of your time at a special event is greatly appreciated and a great way to meet like-minded people!

Our instructors live locally and have an interest to share. Do you? We are always keen to add new and exciting classes!

Email: programs@midsun.org

phone: Caroline, Facility Coordinator at 403 254 8058



Team Palmer

is busy selling Midnapore & Sundance!

KEN JASON TANNIS

REAL ESTATE INFORMATION - FREE
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Lake Midnapore Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,250,000	434,000	641,625	62	10
BUNGALOW	460,100	340,000	405,022	27	16
3 & 4 LEVEL SPLITS	585,000	375,000	441,629	28	14
BI-LEVEL	490,000	340,000	427,550	25	5
ATTACHED	364,900	322,000	346,117	17	12
CONDO	535,000	182,600	280,464	53	18

Lake Sundance Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,475,000	346,000	549,636	38	64
BUNGALOW	752,500	357,000	468,185	27	13
3 & 4 LEVEL SPLITS	461,000	305,000	420,722	27	9
BI-LEVEL	424,000	320,000	369,125	16	4
ATTACHED	470,000	206,500	411,625	29	4
CONDO	320,000	320,000	320,000	104	1



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MID-SUN FAMILY CHRISTMAS PARTY



SATURDAY,
DECEMBER 9, 2017



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MidSun Real Estate Update

Last 12 Months MIDNAPORE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$435,000	\$415,000
August 2017	\$549,900	\$537,500
July 2017	\$393,278	\$384,950
June 2017	\$434,900	\$424,000
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

Last 12 Months SUNDANCE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$500,000	\$495,000
August 2017	\$427,450	\$417,700
July 2017	\$459,900	\$475,000
June 2017	\$514,900	\$514,450
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

To view more detailed information that comprise the above MLS averages please visit midnapore.great-news.ca or sundance.great-news.ca

NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

HAPPY FALL

We hope that everyone is having a wonderful fall.

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

2018 INVOICING

Please be advised that invoices for 2018 fees will be mailed to you before December 1st, 2017. These invoices are due and payable before January 1st. Office hours will be extended in December and January to accept payments (please check the website, www.midnaporelake.ca, for details).

Please note that fees for 2018 will be \$225.00 + GST = \$236.25.

RULE REMINDER

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

- During winter ice fishing season, each person fishing

will be allowed two (2) lines in the lake at one time.

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

SOCIAL GATHERINGS

The Midnapore Lake Board of Directors and Staff would like to gauge the level of interest in the community for social gatherings at the Lake. We would like to make the Lake Room available to groups of community members for gettogethers such as a book club, a jam session, a bridge club, a coffee club, a walking group, a crib night or any other gathering of interest to a group of members. Midnapore Lake would host and facilitate the gatherings; we just need your ideas. If you have ideas or suggestions about these types of socials, or are interested in attending or leading any of them, please contact the lake office at 403-256-0550 or by email office@midnaporelake.ca.

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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BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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Midnapore-Sundance mybabysitterlist

Name	Age	Contact	Course
Victor	12	403-975-2878	No
Taylor	12	403-909-3540	Yes
Owen	12	587-277-5555	Yes
Abigail	13	403-875-7982	Yes
Lenore	13	587-703-0406	Yes
Ariana	13	403-993-9146	Yes
Jerika	13	403-472-3800	Yes
Dayna	13	403-256-0911	Yes
Judith	14	587-716-2404	Yes
Kaija	14	403-701-1146	Yes
Haliemarie	14	402-615-2683	Yes
Leann	15	403-815-6469	Yes
Julia	15	587-888-6980	Yes
Brandon	15	403-570-9899	Yes
Samantha	15	403-686-7479	Yes
Leann	15	403-815-6469	Yes
Rory	15	403-605-6558	Yes
Grace	16	403-256-8802	Yes
Sophia	16	403-225-9309	Yes
Jadelyn	16	403-201-6628	Yes
Cassidy	16	587-583-5418	Yes
Kaitlyn	16	403-200-7820	Yes
Cailin	16	jenwelsh2012@gmail.com	Yes
Liv	16	403-619-6399	Yes
Kaya	16	jenwelsh2012@gmail.com	Yes
Kelsie	17	403-605-6558	Yes
Kayleigh	17	403-618-7605	Yes
Sienna	18	403-402-9328	No
Tessa	18	587-718-7674	Yes
Megan	20	403-993-2964	No
Brenna	20	403-835-4224	Yes
Kendall	20	403-771-6386	Yes
Bridget	36	403-252-4450	Yes

Calling All BABYSITTERS

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

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

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



Mid-Sun Community Association 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 1st 2017 to May 31st 2018

2017/2018 Memberships are free with valid I.D.

If you hold a 2016-2017 membership card, you must come into the centre if you wish to renew

MEMBERSHIP APPLICATION FORM 2017/2018

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

November is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.

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FRIENDS of Fish Creek

November in Fish Creek

12-Week Winter Birding Course Starts Monday, January 8, 2018

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. www.friendsoffishcreek.org/programs/birding-course

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes
Thursday, November 23, 2017 7:00 – 8:00 pm

Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the pathway, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes. www.friendsoffishcreek.org/programs/speaker-series

Giving Tuesday and ReWilding Through Restoration

Giving Tuesday is a global movement designed to foster a spirit of charity and encourage us to give back to the community by donating or volunteering. The Friends of Fish Creek Provincial Park Society has partnered with Canada Helps once again this year to make donating easier than ever. We encourage you to donate on or before Giving Tuesday, Nov 28, to help support the ReWilding Through Restoration program in Fish Creek. ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. **Together, ReWilding is possible! It costs only \$15 to ReWild 1m² of Fish Creek Provincial Park.** www.friendsoffishcreek.org/rewild

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017 -2018 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at www.friendsoffishcreek.org/membership.

Autumn Colour, Fish Creek Provincial Park

The Friends of Fish Creek Limited Edition 25th Anniversary signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter, Jim Pescott created this beautiful original painting. There are only 25 limited edition prints available, and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit www.friendsoffishcreek.org/store

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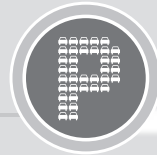
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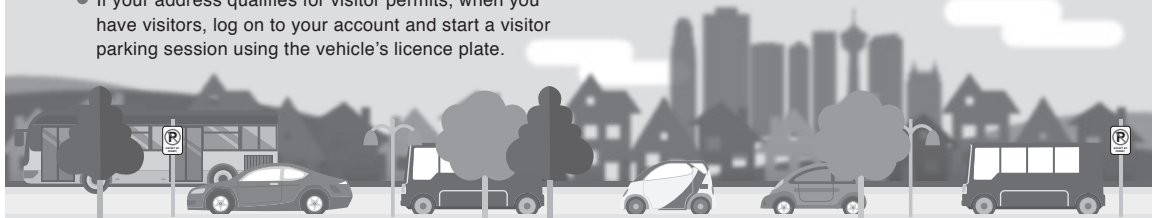


Residential Parking Permit Holders

- Before your permit expires, register for an online account and apply for your parking permits. No Internet? Come to our office to register or send your documents via fax or mail and then give us a call.
- There will be no physical passes or visitor hang tags; the new system is all digital.
- If your address qualifies for visitor permits, when you have visitors, log on to your account and start a visitor parking session using the vehicle's licence plate.

Benefits of the new system:

- Quick and easy application
- A two-year renewal period
- No more lost or stolen passes
- More effective and efficient enforcement of permit zones



For more information, visit: permits.calgaryparking.com

South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. Full program information can be viewed in the Fall Program Guide. See below for some of the programs happening in November 2017. Registration information and program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

South Health Campus YMCA

Did you know YMCA Calgary operates fitness facilities here at South Health Campus?

For 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

Mindfulness Practice Sessions

November 10 12:15-1:15pm

HeartMath®

November 1 6:00-8:30pm

Happiness Basics

4-Week Series starts November 8
5:30-7:30pm

Fight, Flight or Freeze and other Conflict Strategies

November 30 1:00-3:00pm

EMPLOYMENT & MONEY MATTERS:

Registered Disability Savings Plan Workshop

November 7 6:00-8:00pm

HEALTH MANAGEMENT

Let's Talk About Menopause

November 2 9:30-11:00am

Understanding Medications Used in Management of Atrial Fibrillation

November 9 1:00-3:00pm

Stroke 101

November 20 9:00-11:00am

Sleep the Keystone to Health

November 21 6:30-7:45pm

Heart Healthy Cooking and Living

November 9 2:00-3:00pm

Living Well on Prednisone:

Nutrition & Side Effects

November 28 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Conversations and Decisions that Count (Advanced Care Planning)

November 23 1:00-2:30pm

Protecting Seniors from Cyber Scams and Online Fraud

November 29 10:00-11:30am

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

Baby and You for Moms

4-week Series Begins November 1
10:00am-12:00pm

Cooking Your Way to Wellness in Pregnancy

4-Week Series Begins November 6
6:30-8:30pm

Feeding Your Baby

November 16 1:00-3:00pm

Nutrition for New Moms

November 2 1:00-3:00pm

Story Time & Play Date

November 17 &/or 24 10:00-11:30am

Healthy Eating for Pregnancy

November 22 6:30-8:30pm

Daddies and Babies

2-Week Series Begins November 18
10:00am-12:00pm

FOOD, NUTRITION & COOKING

The Top 5 Tips to Reduce Calories

November 1 6:00-8:30pm

Eating for Good Health

2-part series begins November 22
5:30-7:30pm

ATCO Blue Flame Kitchen (Demo or Hands-on): (Note: \$Fees apply)

Substantial Salads

November 2 7:00-8:00pm

Homemade Calzones

November 4 10:00-11:30am

Canadian Classics

November 16 7:00-8:00pm

EnergizeNutrition.ca: (Hands On) (Note: \$Fees apply)

Healthy Holiday Cooking – Delicious and Healthy Sides, Snacks and Desserts

November 23 5:30-7:30pm

PoppyInnovations.ca (Hands On): (Note: \$Fees apply)

Gate to Plate: Moroccan Tagine

November 15 6:00-8:00pm

Canning: Throwback to Summer

November 29 6:00-9:00pm

Krazy for Krauts

November 30 6:30-8:00pm

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St. Bonaventure Junior High School

School motto: spirituality, citizenship, and excellence.

The St. Bonaventure school community looks forward to a number of exciting November events that are representative of spirituality and citizenship.

Liturgically, the Remembrance Day Liturgy of the Word will remind each of us that peace is a responsibility that we all share. Looking back, our Thanksgiving Food Drive provided the student body with the opportunity to perform the corporal work of feeding the hungry. Through this, students were able to gain a sense of the true meaning of service learning. A special thanks to St. Bonaventure Parish for supporting our efforts.

Athletically, the volleyball and cross country running seasons have concluded. Sincere thanks to athletes, coaches, and parents for their contributions. It is greatly appreciated. The next sport on the athletic calendar is wrestling. The team will aim to build toward the city championships in December.

In the fine arts department, our band students attended a band bootcamp with Monsignor J.S. Smith and Father James Whelihan. In addition, the music ministry practices weekly in order to enhance our school liturgies. Parents are always welcome to our liturgy celebrations.



The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his November holidays are: "Cook Something Bold and Pungent Day", "Married To A Scorpio Support Day", "Have a Bad Day Day", "Name Your PC Day", "Blasé Day" and "Stay Home Because You're Well Day".

Sundance Elementary School

Welcome back Sundance families! We are now two months into the new school year and want to welcome any new families and are happy to see so many smiling faces return for another school year.

Everyone at Sundance wants to extend a warm welcome to Micheline Huber, who is taking over as Principal. For anyone that has had the opportunity to meet her, you can feel Mme Micheline's excitement and enthusiasm at making Sundance School the best that it can be. If you have not yet had the opportunity to meet our principal, a great time is to come to a school council meeting and learn about all that is happening at our school.

All students will be participating in a gymnastics unit throughout November. Please ensure that your child is dressed appropriately to climb, balance and tumble.

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

Important Dates to remember:

- **Nov 2:** Sundog Fun Lunch- The Lunch Lady (Gr 1-6)
- **Nov 10:** Remembrance Day Assembly
- **Nov 14-30:** Gymnastics Unit in Gym
- **Nov 16-17:** Parent Teacher Interviews
- **Nov 17:** No school
- **Nov 23:** Gr 5 vaccinations
- **Nov 29:** School Council Meeting at 7pm

St. Teresa of Calcutta School

We are well into the season of Fall and the year is flying by. September seems like yesterday when we welcomed back our returning families as well as new families that have become part of our St. Teresa of Calcutta French Immersion community. Already there have been some great things happening. We began the year introducing our District Faith theme; 'Ask and it will be given you' -*Matthew 7:7*, which focuses on prayer. This year staff and students are encouraged to deepen their relationship with God through prayer. Students and staff were welcomed back with a wonderful Welcome Back BBQ hosted by our school council. Later in September, students donated loose change during the week leading up to our annual Terry Fox Walk and raised close to \$700 to support cancer research for the Terry Fox Foundation.

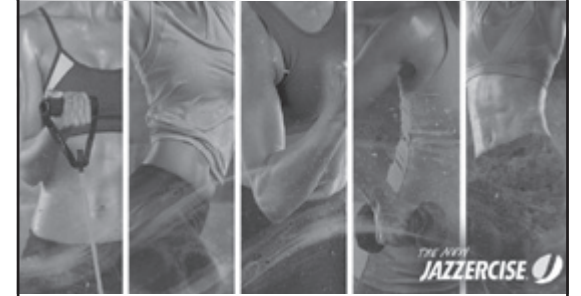
In October in the spirit of Thanksgiving, students joined in our annual Stone Soup event. This old folktale is shared with students and reminds us that when everyone contributes just a little, a great good is achieved. Each student brought in an item for the soup and parents volunteers prepared and served the soup to all our students. Special thanks to all our students and parent volunteers for making this, once again, a memorable event.

Upcoming events an Earth Ranger Presentation with a focus on conservation, Remembrance Day Liturgy and a collection to support our veterans and Kananaskis In the Classroom where students will enjoy an entertaining presentation describing the unique adaptations between sheep and goats.

As we progress through the year we are reminded of all that we can be together as a community of French language learners. At St. Teresa of Calcutta, we are blessed with wonderfully supportive parents/guardians as well as a truly dedicated staff all working together to make the best possible educational experience for our children.



REGISTRATION ONGOING



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

Canyon Meadows Hall
Tuesday, Thursday 9:00am and
Saturday 8:45 am

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Family Matters



at St. Mary's University

For the Strother Family, Catholic Education and St. Mary's University run in the family! Ricky is currently in his second year while brother Joey recently graduated from St. Mary's and is currently working as a teacher in the Calgary Catholic School District. Their father Gary is Chief Superintendent of the CCSD and mother Kathie, an award-winning retired teacher for CCSD, and the family dog Cujo, volunteer regularly with the Pet Access League Society, and are frequently on campus helping St. Mary's students de-stress before exams.

www.stmu.ca

FP

Footloose Photography
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MATERNITY, NEWBORN AND
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Learn more about your Calgary Catholic School District Board of Trustees!

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme –“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.” (Matthew 7:7)

This year, we will focus on the first part of the theme, “Ask, and it will be given you.” This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God’s abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God’s abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.



RESIDENT PERSPECTIVES

Treating the Litterbox Blues

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

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat’s bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it’s seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.



Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization were made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

Yielding to Emergency Vehicles

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

When an emergency vehicle approaches with lights and siren activated:

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

When operating a vehicle:

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



Who Are We and What Do We Do?

Hello and welcome to our new monthly column!

You're probably wondering who the Federation of Calgary Communities is. We are a local non-profit organization that supports over 220 other small non-profit organizations in Calgary, including our city's community associations. In case you don't know what a community association is, they are also non-profit organizations that exist in every neighbourhood in Calgary. Community associations work to foster a sense of belonging by bringing neighbours together through social, recreational, and educational opportunities close to home, as well as be a voice for community life on issues that affect the neighbourhood. A great example is this community newsletter. Much of this wonderful content is gathered and produced by your community association. There are 152 community associations in our city, and we at the Federation of Calgary Communities are their support organization!

Did you know that community associations make up the largest collective volunteer movement in Calgary, with more than 20,000 volunteers involved?! Many Calgarians aren't aware that community associations are run by volunteers in the community. These volunteers make up a Board of Directors, which needs an organization that understands their needs and can support them in their various roles, and that's where we come in!

For over 55 years, we at the Federation of Calgary Communities have been educating, supporting, and encouraging the organizations we serve and their volunteers. How do we do this? In short, we offer 50+ educational workshops every year along with over 400 online resources, we provide one-on-one support and networking opportunities, and we celebrate and promote the great work taking place in our city's community associations.

To learn more about us at the Federation of Calgary Communities, or community associations in general, visit us online at calgarycommunities.com.

See you next month!

DR. GARY HARRISON, D.D.S. DR. LUKE SZOTT, D.D.S. FAMILY DENTISTRY

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Contact news@great-news.ca

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

FLC SENIORS CLUB 55+:(Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing, call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter session starts January 2018. For more activities, visit www.flcseniors.ca.

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It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us

tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others’ buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!



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Greetings, Calgary Shaw.

It is hard to believe it is already November. This month we honour the courage and sacrifice of our veterans, and the men and women who continue to serve our country. These selfless individuals have fought for the rights and freedoms that we, as Albertans and Canadians, are proud of. When our country called upon these brave men and women, they answered with courage and determination, without a second thought. Today, those traits are still inherent in our soldiers. Both of my grandfathers were WWII veterans and I often think about their contributions to our country.

It was soldiers who conceived the notion of Remembrance Day almost a century ago, and its purpose is as valid today as it was then - a day to honour the fallen, remember the horror of war and to embrace peace. As our older veterans pass on, it is important to enshrine their memories and contributions to freedom, ensuring their acts of valour do not fade in history. And we must also recognize today's veterans, many whom are of our generation and have already given so much. During the month of November, I urge each of you to remember those that have made the ultimate sacrifice, those that continue to take on the hazardous work of safeguarding our freedoms and ideals, as well as those working as peacekeepers around the world. Lest we forget.

I want to remind you that my office is available to help all constituents of Calgary Shaw. 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 constituency assistants, Michelle and Katharina. They are happy to help you out and can be reached at 403-256-8969.



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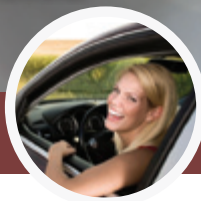
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