

Mid-Sun

messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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MID-SUN COMMUNITY ASSOCIATION

50 Midpark Rise SE
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bookings@midsun.org

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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	

Notice of AGM:

Mid-Sun Community Association

Wednesday, October 4th

8:00pm

Mid-Sun Community Centre Meeting Room
 50 Midpark Rise SE

Everyone is welcome! Join the board and help make your communities shine even brighter! (You must hold an active Community Membership in order to vote, please ensure you have yours updated in advance of the AGM)



PRESIDENT'S MESSAGE

This year our country celebrates its 150th birthday, a figure derived at more or less arbitrarily, as the designation 'Kanata' (or its variants) – as applied by some First Nations Peoples to their towns or villages – has been in use since long before any Europeans arrived to transliterate the meaning to encompass the entirety of their own settlements throughout what eventually became the nation of Canada. We celebrate regardless of how the country came to its name or how old it might really be because a) age doesn't matter, and more importantly because b) we love the lands we're fortunate enough to share, we love its peoples, and we love the spirit they bring to living here.

In a somewhat similar if less historically significant vein, a community association is also about people, and the spirit people engender it with. Unlike our country's questionable birth date, however, the community association most of you reading this are familiar with – namely, Mid-Sun – has a birthday that can be pinpointed to 1977, and that of its operating facility opening to 1979.

As we celebrate the fortieth anniversary of the Mid-Sun CA this year, we are privileged to look back to those pioneering residents who came together and took it upon themselves to forge a community identity that, at present, extends far beyond the confines of their own backyards or the two communities' boundaries. What the City calls the CA's 'cachment area' – while not yet or likely to be global – is inclusive of communities south of Fish Creek, east to the Bow River, and west to the edge of the TSuu T'ina lands. As the City has expanded in the last four decades, so, too, has the CA's reach.

The Mid-Sun CA has developed a reputation city-wide for excellence both for its programming and its operational success. The City even uses Mid-Sun as a model for other Calgary communities to follow, though to date they have yet to pony up any royalties for this name-dropping privilege. Nevertheless, we at the Mid-Sun CA are proud of our track record, proud to follow in the footsteps of our far-sighted forbearers, and to uphold and promulgate the values they espoused of affordable and varied recreational programming for all, as well as free residential street parking; just not in front of my house.

From December of last year and up until May of this year, the Mid-Sun hall underwent renovations in accordance with its lifecycle program. The hall as it stands now may look the same on the outside, but inside it has

gold-plated ceiling tiles, Italian marble busts of all the CA founders, bidets in the bathrooms, voice-activated food dispensers, and more. No cent of public money was spared to enrich the CA's meeting room with Corinthian leather-bound recliners, a teak board table cut as a single piece from a one-thousand-year-old tree in the Amazon basin, valets for each sitting member at monthly meetings, and a liquor cabinet stocked with rare, single malt Scotches. We hope you are as proud as we are of how we've spent your tax dollars.

Seriously, little things like new bathrooms and efficient bathroom fixtures, updated lighting, better space usage, new flooring, and some fresh paint almost give the place a palace-like feel, and we're justifiably pleased with the results. Those results would not have been possible without the piles of cash our fundraising director Rose-Marie McKinnon funnelled out of and back into the country through various absolutely legal (in some island protectorates) means, some of which the dedicated gamblers of Alberta unwittingly (or perhaps wittingly) handed over to a better cause than that of enriching themselves. Their losses were the CA's gain.

As well, we cannot fail to observe the dedication to detail, the hard work, the immense time-commitment, and the unerring ability to laugh in the face of despair when everything looked like it would go wrong as exemplified by our Treasurer, Operations head and Past President, Keith Pederson, our Facility Manager Sharmaleigh Luft, and our City rep Lisa Johnston. These three individuals above all others (with a nod to facility operator Al Rogers for his input) put in the effort required to see this project through, and the rest of us are in their debt. I can promise you that when the City pays up for throwing Mid-Sun's good name all over town, you guys will get your just rewards.

While we're holding our breath for that non-eventuality, please take a moment to silently thank the many volunteers and staff who over the years have made Mid-Sun a community commitment, and to you, the residents of Mid-Sun. Without you, the CA wouldn't exist or have thrived to become the great organization it is.

Lastly, thanks to MLA Graham Sucha for honouring the Mid-Sun CA for its contributions to community and the city with a plaque presented at the ribbon-cutting that officially opening the renovated facility last July 15th at the Stampede Shutdown event. Nice touch, mate.

Happy Birthday, Mid-Sun!

*Angus Macdonell
President*



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



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Mid-Sun Kids HALLOWEEN PARTY in October!

See October Mid-Sun Messages, our Facebook page and website for details on this annual event!



WHAT'S GROWING IN THE GARDEN?
What an amazingly hot summer it has been. The garden is bursting with growth, and the veggies look amazing!

The produce growing in plots L, D, 20, and 33 are potatoes, beets, carrots, tomatoes and peppers designated to the Veterans Food Bank. Thank you gardeners for growing for others! Kim Taylor has volunteered for this organization previously and thought of another way to give back to our veterans via our Mid-Sun Community Garden.

The garden team will do a shout out for when we are taking items to the Veterans' Food Bank, if you want to **donate any of your own plot produce** at that time you can notify us and we will add your plot items to the bounty.

THANK YOUS... We have a lot to be grateful for.



Thank you to Village Brewery for supporting the garden and partnering on the hops project. Thanks to work bee builders Kerry Peters, Dave Shultz, Kim & Avi Taylor, Keenan Taylor-Brown and Rose-Marie McKinnon. We have extended our project, this year they will be producing a beet beer. Plot 38 will go into a locally brewed beer!

Thank you to Aim Environmental for compost. When Kim Taylor contacted them, they responded with "Mid-Sun Community Garden is a great example of community."

Thank you to Avi Singh and Keenan Taylor-Brown for making another trip to the landfill for mulch. They hand-loaded that mulch and dropped it off at the garden.

Thank you, Carrie Brown, for going to the landfill to pick up compost.

Thank you work bee volunteers for the many jobs you have done, including moving mulch under the Mid Sun sign.

Mid Sun community member Nancy Newman contacted us to donate a black compost bin. We will use these to hold leaves (we will do a shout-out for leaves) for our compost as we will have an abundance of greens soon and a brown shortage. These will be our storage bins to hold our needed browns.

THANK YOU to Deanna, Keith, Kerry, Theresa, Joan, Candice, Deb, Patsy, Jen, Carolyn, Chantelle, Anna, and May. Sorry if I missed anybody. One more name to add, special thanks to Roxanne, who does not have a plot at our garden. Not only did she come out to help us last night, but she is also our treasurer. Mid-Sun Community Garden treasures Roxanne!

THANK YOU Audrey for the flagstone. And thank you to the muscles who collected it for a major project next spring/summer.



Saturday, September 23, 930 am -12 pm
PLANT SHARE 930am plant drop-off 10 am-12 pm
plant share
DESSERT/TEA/COFFEE
GARDEN ART
Come share plants/buy plants/enjoy dessert and coffee



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



“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 Stony 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.

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- Sundance Animal Hospital
- Great News Publishing

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



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 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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MID-SUN 55+



Drop-In Pickleball

Friday: 10:15am- 11:30am

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



Stampede Shutdown was Another Success!

Thank you to all of our guests who joined us in the fun, and a BIG Thank you to these sponsors/vendors who helped out with their various goodies:

- Alpine Catering for the super delicious beef-on-a-bun dinner
- COBS Bread Shawnessy for the buns and desserts!
- Old Dutch Canada for the potato chips

Our amazing entertainers:

- Joe Smith and crew for the line dance instructional
- Copper Junction for the amazing, toe-tapping music!

To the City of Calgary – Community Ward Event Fund / Councillor Peter Demong for the grant that helps to offset the costs of events like this!

Last, but not least also to the staff and volunteers who came in to set-up, take down, clean-up and ensure that everyone was having a good time.

Would you like to help out behind the scenes next year, or have some great new ideas? Let us know by emailing manager@midsun.org



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

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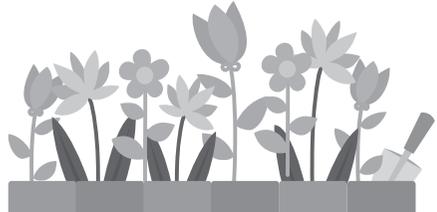
Is your garden looking overgrown and unappealing?

Fall is the perfect time to renovate your flower beds!

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Methods of Registration

Online Registration www.midsun.org

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

In person Registration at 50 Midpark Rise SE

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

Notes on Registration:

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

Note on Programs:

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

Program Cancellation Policy

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

FALL 2017 RECREATION PROGRAMS



The programs you love are back!
FALL REGISTRATION IS OPEN!

All programs run for 10 classes, unless otherwise specified

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/>

Additional programming may be available, please see www.midsun.org for the most up-to-date program offerings!

Preschool Programs (Age 3-5)

Tiny Dancers

Tuesdays: 4:30pm – 5:15pm

September 19 - November 21

Age: 2.5 - 5

Instructor: Karen

Cost \$90 M / \$100 NM

Nurture the dancer in your child. Encourage them to spin, pivot and pirouette across the floor. Help them learn even more by signing up for this class where they will be introduced to the basics of the dance world and they will be encouraged to love creative movement and expression. There's a tiny dancer in all children; this class gives them space to shine.

**Sign up for Yoga while your little one is in the "Tiny Dancers" – Call for more info*

Gym Rats

Wednesdays 10:30am - 11:45am

April 12 – June 14

Age: 2.5 - 5

Instructor: TBA

Cost: \$50M / \$60 NM

This program is perfect for little ones with lots of energy who love to run and play. The emphasis on this class is FUN! Children will

get to play games, sports, sing songs, and have tons of fun. The class is designed to promote physical, social, and emotional development.

Kids Programs

Rugby Tots

Mondays: 6:00pm - 7:00pm

September 18 - November 27

No class: October 9

Age: 4 - 7

Instructor: Kaley

Cost: \$65 M / \$75 NM

This class offers fun, structured play sessions of engaging and energetic games. The program has been designed to develop children's physical literacy, psychological and social attributes, as well as gently encouraging rugby specific skills such as how to catch, pass, kick, run with the ball, and play as part of a team. This creates an atmosphere in the class that is totally unique and engaging.

Rookie Rugby

Mondays: 6:00pm - 7:00pm

September 18 - November 27

No class: October 9

Age: 8 - 12

Instructor: Luke

Cost: \$65 M / \$75 NM

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

Youth Basketball

Thursdays: 5:00pm - 6:00pm

September 21 – November 23

Age: 6 - 9

Cost: \$90M / \$100NM

Instructor: Leslie

This class strives to get kids to love the game of basketball. We deliver fun, fitness & basketball skills by learning the fundamentals skills to be a successful player. The class will cover shooting, passing, ball handling, 1 vs 1 skills, moving without the ball and defensive concepts.

Advanced Basketball

Mondays: 6:00pm - 7:00pm

September 18 - November 27th

No class: October 9

Age: 8 - 13

Instructor: Leslie

Cost: \$90 M / \$100 NM

This class is for people who want slightly more advanced basketball lessons, who have taken our beginner basketball class or have some experience playing basketball. This class will cover advanced shooting techniques, dribbling moves, as well as mechanics, shooting on the move, cutting and dribbling.

Floor Hockey

Thursdays: 6:00pm - 7:00pm

September 21 - November 23

Age: 7 - 11

Cost: \$90M / \$100NM

Instructor: Eric

Come play the great Canadian classic game of hockey! Introduce children to the fundamental concepts of the game in a fun, supportive, non-competitive environment. Coach Eric will zero in on skills like passing, shooting basic positioning, stick handling and goal tending in fun, exciting, skill-focused play. No experience required.

Little Athletes: Multi-Sport

Mondays: 5:00pm - 6:00pm

September 18 - November 27th

No class: October 9

Age: 4 - 7

Instructor: Kaley

Cost: \$95 M / \$100 NM

Try: Hockey, soccer, football, baseball, basketball, volleyball, and rugby all in one class. Each day will be a new sport. This class helps develop independence and build confidence by attending classes all by themselves. Instructors engage children with creative storylines. Children will develop physical literacy through play-based learning. Adults are asked to remain outside during classes to minimize distractions and encourage kids to participate on their own.

Youth Dodgeball

Wednesdays: 5:00pm - 6:00pm

September 20 - November 22

Age: 8 - 12

Cost: \$55M / \$65NM

Instructor: TBD

OR

Fridays: 4:30 - 5:30

September 22 - November 24

Age: 8 - 12

Cost: \$55M / \$65 NM

Instructor: TBD

Dodge, Duck, Dive and Dip. This program provides participants with a supervised environment to learn this fast pace game and work on their ball handling skills.

Youth Tennis

Tuesdays: 4:00pm - 5:00pm

September 19 - November 21

Age: 6 - 9

Tuesdays: 5:00pm - 6:00pm

Age: 10 - 13

Instructor: Scott from Universal Tennis

Cost: \$125 M / \$135 NM

Are you the next Eugenie Bouchard or Milos Raonic? Come try tennis! Learn the basics of the sport and then play against your friends in a mini game. Join instructor Scott to learn the amazing game. Scott is Tennis Canada Certified (at the Club pro1 level). No experience necessary. We will provide the rackets.

Teen Programs

Yoga For Everyone (Teen)

Tuesdays: 4:30pm - 5:30pm
September 19 - November 21
Age: 13 - 19

Cost: \$55 M / \$65 NM
Instructor: Tracey Short

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

Teen Dodgeball

Wednesdays: 6:00pm - 7:00pm
September 20 - November 22
Age: 14 - 17

Cost: \$50M / \$60NM
Instructor: Stephen M.

Dodge, Duck, Dive and Dip. We're bringing the exciting game of dodgeball to teens. Bring on the competition and sportsmanship that build friendship and promote fair play. Whether you win or lose, we believe in having fun, being spirited and having a great game.

Watercolour Painting: Advanced

Fridays: 10:15am - 12:45pm
September 22 - November 24
Instructor: Gabriele Lynch

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

Do you love painting flowers, barns, landscapes and wildlife. If so, then our Watercolour Studio is for you! Bring your ideas and have a little extra coaching from Calgary artist Gabriele Lynch. Some experience in watercolour painting required, preferably having completed the first two sessions with Gabriele. One Piece of Watercolour paper included.

Acrylics with Alexandre

Wednesdays: 11:00am - 1:30pm
September 20 - November 22

Cost: \$220 M / \$230 NM (supplies not included)
Instructor: Alexander Ivanov

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



Art Programs

Watercolour Painting: Beginner

Wednesdays: 7:00pm - 9:00pm
September 20 - November 29
No class October 4

OR
Thursdays: 10:30am - 12:30pm
September 21 - November 23

Instructor: Gabriele Lynch
Cost: \$168 M, \$178 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. A variety of techniques and subjects will be covered to get you on the road to your own artistic expression. Great for those who have no experience or for those who have previous experience

but would like a little refresher! Register early as classes fill fast. One Piece of Watercolour paper included.

Watercolour Painting: Intermediate

Thursdays: 7:00pm - 9:00pm
September 21 - November 23
Instructor: Gabriele Lynch

Cost: \$168 M, \$178 NM (supplies not included)

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. Participants will work on individual paintings using techniques learned in previous sessions with Gabriele.

The beginner class must be completed prior to participation in this class.

Register early as classes fill fast.

One Piece of Watercolour paper included.

Adult Fitness Programs

Love to Hula Hoop

Fridays: 5:00pm - 6:00pm
September 22 - November 24
Cost: \$130 M / \$140 NM

Instructor: Celeste

These classes are total fitness for the mind & body. Hula Hooping stimulates your senses and heightens your energy level. Beginners welcome! Hula hoop class is designed to suit all levels of fitness and skill. This class is fun! Beginning with yoga stretches, followed by a full body, high cardio, low impact workout. You will learn belly hooping,

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

Cardio Blast

Wednesdays: 7:00 - 8:00pm
September 20 - November 22
Cost: \$120 M / \$130 NM

Instructor: Tracey Short

Feel the difference cardio training can make. Kick, step and tone with our inventive Cardio Blast class.

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



HIIT It Hard

Tuesdays: 5:30pm - 6:30pm
September 19 - November 21
Cost \$90 M / \$100 NM

Instructor: Kaley

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

Worth the Weight

Tuesdays: 6:35pm - 7:35pm
September 19 - November 21
Cost: \$90 M / \$100 NM

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 fat, and boost your metabolism! All levels of fitness are welcome, all equipment provided.

Barre

Tuesdays: 7:15pm-8:15pm
September 19- November 21
Cost: \$120 M/ \$130 NM

Instructor: Leanne

Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

Yoga at Your Level

Mondays 8:00pm - 9:00pm
September 18 - December 4
No class: October 9 & October 16
OR

Wednesdays: 5:55pm - 6:55pm
September 20 – November 22

Cost: \$110 M / \$120 NM

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. (Yoga mat provided).

Yoga For Everyone

Tuesdays: 4:30pm - 5:30pm
September 19 - November 21
Age: 14+

Cost: \$70 M / 80 NM

Instructor: Tracey Short

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

55+ Fitness Programs

55+ Fit and Fabulous

Mondays: 10:00am - 11:00am
September 18 - November 27
No Class October 9

Cost: \$75 M/ \$85 NM

Instructor: Tracey Short

This class is designed for active people over 55 to improve your overall fitness levels. Using gentle, light weights and simple cardio exercises you can improve your strength and overall fitness. No experience necessary.

Gentle Stretching and Fitness

Mondays: 11:15am - 12:15pm
September 18 - November 27
No Class October 9

Cost: \$65 M/ \$75 NM

Instructor: TBD

Join this active class designed to enhance your cardio vascular/respiratory systems. Then

maintain or improve your bone density and balance with strength-building exercises. And finally, enjoy a 10-minute relaxation and stretch at the end of class to start your week off balanced.

55 + Yoga

Tuesdays: 10:00am – 11:00am
September 19 – November 21
OR

Thursdays: 10:00am-11:00am
September 21 – November 23
Cost: \$75 M/ \$85 NM

Instructor: Tracey Short

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

55+ Zumba Gold

Tuesdays: 11:15am - 12:15pm
September 19 - November 21
Cost: \$75 M/ \$85 NM

Instructor: Julie

Perfect for adults who are looking for a fun Latin inspired dance class with easy to follow choreography at a slightly lower intensity.

Beginner Line Dancing

Wednesdays: 9:40am - 10:40am
September 20 – December 6 (12 classes)
Cost: \$95 M/ \$105 NM

Instructor: Joe Smith

Try line dancing for fun and fitness- No partner required. 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!

Beyond Beginner Line Dance – Intermediate

Fridays: 11:15am - 12:15pm
September 22 – December 8 (12 classes)
Cost: \$95 M/ \$105 NM

Instructor: Gwen

Prerequisite: Must have taken Beginner Line Dance. Class will build on what you have learned from the Beginner class.



Beyond Beginner – Mid-Sun’s Advanced

Wednesdays: 10:45am - 11:45am
September 20 – December 6 (12 classes)
Cost: \$95 M/ \$105 NM
Instructor: Joe Smith

Prerequisite: Must have taken Beyond Beginner Line Dance. This class will build on what you have learned from the Beyond Beginner class. A number of new dances will be taught. Instructor Joe has 25+ successful years of teaching line dance!

55+ Tai Chi

Fridays: 10:00am - 11:00am
September 22 - November 24
Cost: \$75 M/ \$85 NM
Instructor: Leslie Kwan

Tai Chi is a Chinese physical system used to improve and maintain health by using slow, smooth body movements to achieve a state of relaxation of both mind and body. Join instructor Leslie in this ancient exercise, which is a gentle way to improve balance, flexibility, bone strength and concentration.

Be Balanced: Fall Prevention

Tuesdays: 2:30pm - 3:30pm
September 19- November 21
Age: 65+
Cost: \$55 M / \$65NM
Instructor: Katie Dunlop

Exercise and Fall Prevention Programs help seniors stay healthy, active, and mobile. If you are 65 years old and older, you can join Exercise and Fall Prevention classes offered. Exercise classes focus on helping seniors stay active and improve and maintain balance, strength and mobility.

Free Homework Help

If your kids are heading back to school this fall, we’ve got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here’s a sampling:

School Support is for students aged 10 to 14. Drop in with your English Language Arts or math assignments to get help from trained volunteers. Visit calgarylibrary.ca, click programs, and search ‘School Support’ to find out where and when the program is offered.

Students in Grade 2 to Grade 12 can access free online tutoring at calgarylibrary.ca/resource/brainfuse. Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at calgarylibrary.ca/resource/solaro. Both resources are aligned with the Alberta curriculum.

2017 Author in Residence

Calgary Public Library’s 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Hunter will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you’re a beginner or established writer, you can meet with Hunter at Central Library. Email air@calgarylibrary.ca starting August 28 to book an appointment.

Saddletowne Early Learning Centre

There’s a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it’s central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Playground opened in August. Come play!



BACK TO SCHOOL

We hope that everyone had an amazing summer.

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

Fishing privileges are restricted to three (3) guests per member. Members must **actively** be fishing with their guests. Guests are not permitted to take or remove fish from the property.

Fishing after sunset is not permitted and all fishermen must check out at the front office 15 minutes before closing.

As always, please make sure you have read the lake’s rules and regulations.

MOVIE ON THE BEACH

Save the date of September 16, 2017 for our annual Movie on the Beach event. We will provide more details on the website and Facebook as they become available, but we look forward to seeing everyone for this always fun family event!

Please remember that we will be collecting items for our time capsule up until September 16, 2017. The time capsule will then be buried during our Movie on the Beach event.

PARK HOURS

Please check the website for up to date park hours. As we move into fall, the park will close earlier in the evening, matching sunset.

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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CONSULTS AND TREATMENTS



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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	1,250,000	425,000	695,964	51	7
BUNGALOW	460,100	340,000	405,022	27	16
3 & 4 LEVEL SPLITS	585,000	375,000	452,627	30	11
BI-LEVEL	464,000	392,750	435,917	19	3
ATTACHED	364,900	322,000	344,855	17	11
CONDO	305,000	182,600	233,696	36	12

Lake Sundance Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,475,000	346,000	560,497	40	53
BUNGALOW	752,500	357,000	484,627	27	11
3 & 4 LEVEL SPLITS	461,000	417,500	441,929	24	7
BI-LEVEL	424,000	335,000	379,500	12	2
ATTACHED	470,000	306,500	405,500	19	3
CONDO	320,000	320,000	320,000	104	1



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ASK!!!



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

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Mid-Sun Summer Day Camps 2017

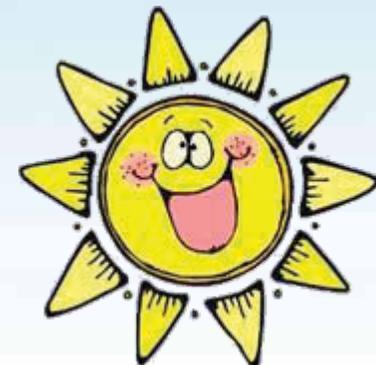
Fun Facts about Mid-Sun Summer Day Camps 2017:

*Everyone at Mid-Sun would like to say **thank-you** to the families in the surrounding communities for making this summer another success.*

*Information for next year's camps will be posted at **www.midsun.org** in February. If you "like" Mid-Sun Summer Day Camps on Facebook you will receive updates on camp throughout the year!*

We hope to see your camper next summer!

- *Over 900 campers attended Mid-Sun Summer Day Camps from July to August.*
- *Campers enjoyed the variety of 25 different camps throughout the summer.*
- *19 staff and 36 volunteers worked over 10,000 hours at camps this summer!*
- *New Specialty Camps were introduced, such as Drama Camp, Photography Camp and Rockin' Racquets.*
- *The campers had a blast at field trips such as Calgary Zoo and Calaway Park!*



Councillor Peter Demong

WARD 14 COMMUNITIES

BBQ

**SAT, SEPTEMBER 16
11 AM TO 2 PM**



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Spolumbo's, Safeway, Spruce Meadows, South Trail Insurance,

No Bull Bookkeeping, & Great News Publishing



Midnapore-Sundance
mybabysitterlist

Name	Age	Contact	Course
Owen	12	587-277-5555	Yes
Abigail	13	403-875-7982	Yes
Lenore	13	587-703-0406	Yes
Leandro	13	587-800-8790	No
Ariana	13	403-993-9146	Yes
Jerika	13	403-472-3800	Yes
Dayna	13	403-256-0911	Yes
Kaija	14	403-701-1146	Yes
Judith	14	587-716-2404	Yes
Jadelyn	15	403-201-6628	Yes
Rory	15	403-605-6558	Yes
Julia	15	587-888-6980	Yes
Liv	15	403-619-6399	Yes
Brandon	15	403-570-9899	Yes
Grace	15	403-256-8802	Yes
Cassidy	15	587-583-5418	Yes
Samantha	15	403-686-7479	Yes
Kaya	16	jenwelsh2012@gmail.com	Yes
Sophia	16	403-225-9309	Yes
Kaitlyn	16	403-200-7820	Yes
Cailin	16	jenwelsh2012@gmail.com	Yes
Tessa	17	587-718-7674	Yes
Kayleigh	17	403-618-7605	Yes
Kelsie	17	403-605-6558	Yes
Sienna	18	403-402-9328	No
Genelle	19	403-931-8811	Yes
Charlotte	19	403-874-6995	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.

SCHOOL SHOUT-OUTS

St. Bonaventure Junior High School

St. Bonaventure School emphasizes the school motto of spirituality, citizenship, and excellence. With the new school year upon us, we look forward to many events and activities that exemplify the school motto.

As we close the doors to the extended Year of Mercy our school looks forward to embracing the district's new three-year faith theme: **"Ask and it will be given you;** seek and you will find; knock and the door will be opened to you." - *Matthew 7:7*. All community members are encouraged to join us throughout the year for our school celebrations which are held at St. Bonaventure church. Look for our school opening mass to be held early in September.

Like all catholic schools in our district, St. Bonaventure is a member of Community of Caring and as such, has activities all year that empower the students to develop their citizenship skills. September will see a spirit week which will allow all of our students and staff, both new and old, to get reacquainted and develop a focus for the year. This will quickly be followed by our annual Terry Fox run and Thanksgiving food collection.

BRAIN GAMES

SUDOKU

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3	5				6			
	6		8	5				3

FIND SOLUTION ON PAGE 41

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Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



MidSun Real Estate Update

Last 12 Months MIDNAPORE
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$412,000	\$405,000
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
September 2016	\$434,900	\$430,000
August 2016	\$410,000	\$393,000

Last 12 Months SUNDANCE
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2016	\$482,450	\$466,500
August 2016	\$489,900	\$476,500

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



Back-to-School Safety Tips

For the youngest of Calgarians, September means time for a brand-new school year. School zones in September often bring more congestion, distraction and more pedestrians than in the summer. Here are three tips to keep in mind when in school zones this September and all year around. Exercising caution and care, we can make our communities safer.

Follow the speed limit: First and foremost, follow the posted speed limit with is 30 km/h. School and playground time zones are between the hours of 7:30 a.m. – 9 p.m. A collision with a pedestrian at 30 km/h is more likely to end injury than a possible fatality going at residential speed of 50 km/h.

Stay in between the lines: We want to set good example for young pedestrians. Stop, look both ways, always good practice to look one more time to the left then walk across the street between the cross walk. Attempt to make yourself as visible as possible. These are all good habits to role model.

Follow directions: Listen and watch for directions from the school safety patrollers. Follow the direction of signals, signs and the specific rules that the school has implemented. These directions are for your safety, reducing congestion and reducing risks.

For more resources, check out our website at calgarycommunities.com



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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

September 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.

Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide - online and in our stands.

Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm - come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

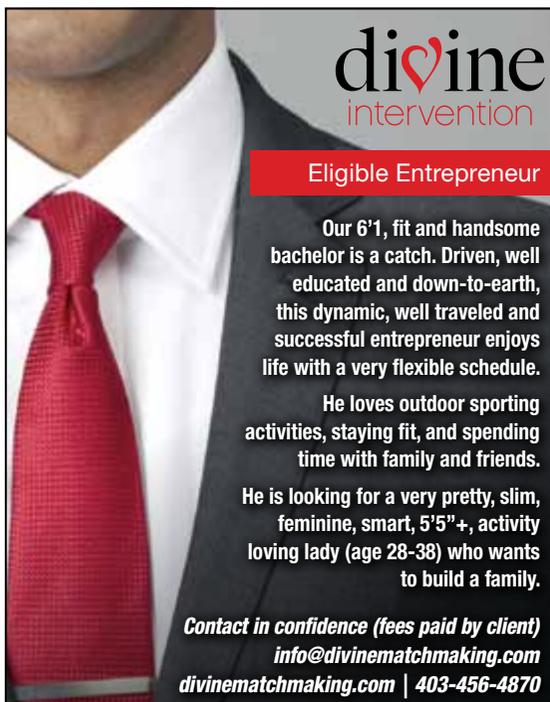
Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.



Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.



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- **Welcome to Dr. Laura Huber who is now accepting patients in her family practice.**

Evening and Saturday appointments available.
Call (403) 254-2030 to book an appointment.
Visit our website at www.thesundanceclinic.com

The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5

South Health Campus (SHC) Wellness Centre

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

Please join the fun on September 9th, 2017 at the South Health Campus for the 4th Annual Fun Run & Kids' Zone. This is a fantastic family-friendly event!

Campus Fun Run: 5K/10K/ Kid's Dash at 10:00 am. Kids' Zone (11am-2pm).

To Register for the Fun Run please visit: calgaryhealthtrust.ca/SHCrn. For More Information on the Kids'Zone Please call: 403-956-3939

South Health Campus YMCA Sports Court is open for community use.

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

September 22 12:15-1:15pm

September 28 6:30-7:45pm

Emergency Preparedness

September 26 1:00-3:00pm

HeartMath®

September 27 6:00-8:30pm

Bouncing Back

September 28 6:30-7:30pm

Employment:

Resume Writing

2-Week Series (September 2 & 9 9:00am-4:00pm)

Interview Skills

2-Week Series (September 16 & 23 9:00am-4:00pm)

Health Management

Better Choices Better Health

6-Week Series starts September 14 10:00am-12:30pm

Heart Healthy Cooking and Living

September 14 2:00-3:00pm

Quit Smoking (QuitCore)

6-Week Series begins September 18 6:30-8:30pm

Managing Shift Work and Sleep

September 26 6:30-8:00pm

Let's Talk Diabetes

September 26 6:30-7:30pm

Getting Ahead of Your Headaches

September 28 10:00-11:30am

CareGiver / Family Support & Support Groups

Family Peer Support

September 12, 19 5:45-8:00pm

Seniors Home Safety Fixes

September 20 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 September 7 1:30-3:30pm

Feeding Your Baby

September 12 1:00-3:00pm

Nutrition for New Moms

September 13 10:00am-12:00pm

Story Time & Play Date

September 15 or 29 10:00-11:30am

How to Talk to your Children about

Sexuality

September 19 1:00-2:30pm

Healthy Eating for Pregnancy

September 21 6:30-8:30pm

Street Drugs

September 21 6:30-8:30pm

Food, Nutrition & Cooking

Kids Culinary Day Camps: (Note: \$Fees apply)

September 22 8:00am-3:00pm

The Truth about What Works in Weight Management

September 16 9:00-11:30am

The Top 5 Tips to Reduce Calories

September 16 1:00-3:30pm

Canning: Pickles with Flair: (Note: Fees apply.)

September 20 6:00-9:00pm

Preserve the Harvest

September 30 10:00-1:00pm

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

Fall Harvest

September 14 7:00-8:00pm

Mexican

September 23 10:00-11:30am

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

Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



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Royal Canadian Air Cadets

Recruiting Open House

Do you want to get your pilots license? Are you looking for fun, adventure and to meet new friends? Come and join 52 City of Calgary Air Cadet Squadron. For ages 12 – 19. We parade on Tuesday nights.

Free Activities

Sports, Marksmanship, Music Training, Adventure and Survival Training, Leadership Skills,

Recruiting Open House and Registration

Saturday September 16th, 2017, 10 am - 2 pm
Southwood Community Association – 11 Sackville Dr. S.W. Calgary, AB

*** Anyone wishing to join will need to bring a parent/guardian, a provincial health care card and government issued proof of age (birth certificate, passport, permanent resident card, etc.) ***

For more information go to: www.52aircadets.ca or call 403-255-5922.

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elizabeth@devotiondanceworks.com
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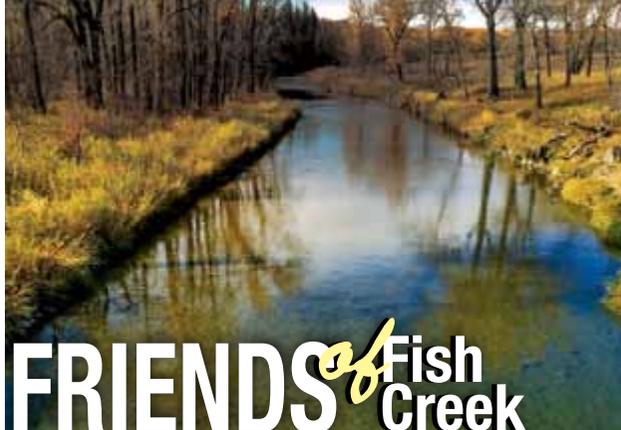
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September in Fish Creek!

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 15, 2017 6:30-9:30pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends' 25th Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

WestJet Gift of Flight Raffle tickets are only \$20 each. Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit friendsoffishcreek.org/event/autumn17

Membership

As we celebrate our 25th Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at www.friendsoffishcreek.org/membership

Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm
Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law
Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit friendsoffishcreek.org/event/plan

Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm
Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. friendsoffishcreek.org/event/forest

ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm
Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. friendsoffishcreek.org/event/rewilding-walking-tour

Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the 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

Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. friendsoffishcreek.org/event/good-grief2

ST. PAUL'S END OF SUMMER COMMUNITY BBQ

Who: EVERYONE!!!!
When: Saturday, September 9
Time: Beginning at 5:00 pm
Where: St Paul's Anglican Church
7 Sunmills Green SE
Cost: FREE
Great Food, Bouncy Castle, Face Painting
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BACK TO CHURCH SUNDAY:
You're invited Sunday, September 24 Come and Join Us!
Sunday Services: 8:30 & 10:00 am Holy Eucharist
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Thursday	7:00 am - 7:00 pm
Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

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HOME

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PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our senior's discount.

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FALL CLEANUPS AND SNOW REMOVAL: It's not too early to book your fall clean up, fall fertilizer application and snow removal. Available to quote all of your requests. Locally owned, family business working in your neighborhood weekly. Call/text Mike at 403-510-6465 or visit our website at www.amberproperty.ca.

ARTWOOD FLOORS: We supply, install, sand, stain, and finish site and pre-finished hardwood floors. 20 years of experience. Dustless sanding, commercial grade finishes and quality workmanship at competitive prices. For a free estimate call 403-251-9980 or visit our website at www.artwoodfloors.ca.

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

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~cont'd next page~

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YARD FALL CLEANUP: eavestrough cleaning. Snow clearing - sidewalks/driveway. Including vacation periods. Gerry, 403-201-2030.

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TRAVELLING PIANO TEACHER: Sharon Cameron has taught piano for the past 20 years and loves working with all ages and levels. She is happy to teach in your home or her studio. She brings with her the highest level of music education from The Royal Conservatory of Toronto with her ARCT designation. Call: 403-797-9889.

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BRIDGE LESSONS: Learn to play bridge in 10 easy lessons. Small classes taught by experienced teacher in Canyon Meadows. Beginners or those wishing to update their bridge skills are welcome. Classes start September 19 at 7 p.m. Standard American bidding will be taught. Contact Linda at 403-281-5520 or bridgelessons@iCloud.com.

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BRAIN GAMES SUDOKU

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



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CONTACT

Midnapore Mall
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www.tasteofhimalayas.ca

403-201-7336

HOURS

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Saturday: 2pm-10pm
Sunday: 2pm-9:30pm

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Past President	Keith Pedersen	keithpedersen@live.com
Vice President - Director of Planning & Development	Mark Schmidt	maschmidt@outlook.com
Treasurer/Director of Operations	Keith Pedersen	keithpedersen@live.com
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Member at Large	Devin Elkin	
Member at Large	Mark Dumouchel	
Facility Manager	Sharmaleigh Luft	facility.manager@midsun.org
Community Recreation Coordinator	Lisa Johnston	lisa.johnston@calgary.ca
CPS - Community Liaison Officer	Cst. Rick Robbins	
Trico/FLC Rep	Jeff Pratt	jeff@theprattfamily.net
Cardel Rec - South Rep	Doug Bouwmeester	

CONTACTS

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



District 8
Mid-Sun Service Centre
450 Mid Park Way SE
Phone 403-428-6800

Office Hours

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

Closed Holidays

SUNDANCE LAKE RESIDENTS ASSOCIATION LTD.

Lake Facilities

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

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

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Fax Lake Office: 403-256-9677
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COMMUNITY ANNOUNCEMENTS

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

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

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.

HOLY SPIRIT CWL CRAFT SALE: Saturday, November 18th, 10 a.m. to 3 p.m. 10827 – 24th Street S.W. Over 40 tables of handcrafted gifts. Contact hscwlcraftsale@gmail.com.

CURLERS WANTED: Day Ladies League – individuals and teams are welcome. For more information and registration dates email www.ALDCurling@gmail.com or phone the ARC at 403-255-1252.

NEED LEGAL HELP? FREE LEGAL CLINIC: Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

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



MLA Calgary-Shaw
Graham D. Sucha
#328, 22 Midlake Blvd SE
Calgary, AB Canada T2X 2X7
☎ 403-256-8969 📠 403-256-8970
✉ calgary.shaw@assembly.ab.ca

Happy autumn, everyone! I hope you all had a terrific summer. I would like to wish all constituents a happy school year for 2017-2018. For many a new school year is exciting. A new school year provides an opportunity to meet up with old friends, make new ones and meet our new teachers. With south Calgary growing quickly, our government will continue to support new school builds and funding for education.

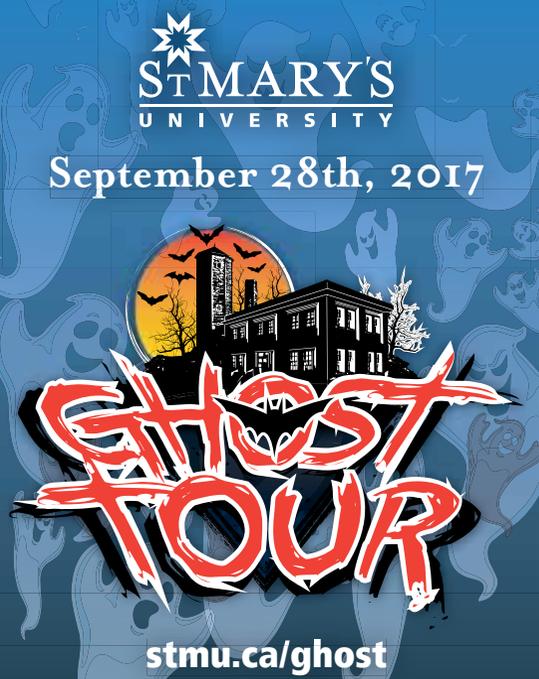
Like many of you, I had a very busy summer. I had a great Stampede season and got to meet with many Calgary Shaw organizations and see the excellent work they are doing. I would like to thank St. Mary's University, Father Lacombe Care Centre, Shawnessy YMCA, River of Life Church, and local community associations for having me at their Stampede breakfasts and BBQs. Stampede is one of my favorite times of the year because I get to visit so many people in Calgary Shaw.

My office's second annual Stampede BBQ was an incredible success. It was wonderful to see, meet and chat with hundreds constituents. We served close to 800 burgers and hot dogs, but of course this wouldn't be possible if it weren't for our super volunteers. Thank you to everyone who made it out and a special thank-you to Metis Calgary Family Services in Sundance for partnering with us this year. I would also like to thank Friends of Fish Creek, Energy Efficiency Alberta, and the Calgary Public Library for setting up displays at the BBQ.

Shortly after the Stampede I had the opportunity to attend the Pacific Northwest Economic Region (PNWER) Summit in Portland, Oregon. This summit deals with trade and economic development for the pan Pacific provinces and states. This year I was fortunate to be elected the Canadian VP for the summit. I had many great trade discussions with my colleagues and made sure an Alberta voice was heard. It was an honour for me to represent Alberta's interests at this summit.

Despite this busy summer I was still able to take time to visit with many constituents and hear what is important to them. I have recently heard a lot of comments about people's negative experiences with condo boards. If you have any feedback about this please let my office know at calgary.shaw@assembly.ab.ca.

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



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**Councillor, Ward 14
Peter Demong**
www.calgary.ca/ward14
 eaward14@calgary.ca or
 403-268-1653

Hello Ward 14!

It has been a hot summer so far! I hope everyone has had their share of dips in the pool, and ice cream cones. There are still many warm days ahead, but the signs of autumn are on their way.

Ward 14 Communities BBQ

My BBQ is a sure sign that September is here (or maybe it is the other way around). Join me on September 16 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. You can visit www.calgary.ca/ward14bbq for more info, or www.calgary.ca/ward14connect for email updates.

There will be many interesting exhibitors, all of Ward 14's community associations, MLAs, MPs, and a delicious Spolumbo's sausage on a bun for attendees. Of course, none of those things would be there without amazing sponsors. Thank you to Genstar, United Communities, ATCO, Mattamy Homes, Southgate Chevrolet Buick GMC, Canyon Creek Toyota, Jack Carter Chevrolet Cadillac Buick GMC, Waste Connections of Canada, Pacific Developments, Southcentre Mall, Spolumbo's, Safeway, Spruce Meadows, South Trail Insurance, No Bull Book-keeping, and Great News Publishing.

I will see you there!

2017 Municipal Election

Another autumn tradition! Calgarians will vote for their Mayor, Councillors, and School Board Trustees in the 2017 Municipal Election. You can choose to cast your ballot during the Advance Vote from October 4 – 11, excluding October 9 (Thanksgiving) or on Election Day, October 16. There are many ways to vote, so be sure to check the website www.electionscalgary.ca for a complete list of voting options. Voting station locations will be available online after September 19, 2017, or you can watch the mail for your official Election Guide.

Green Cart Program Rollout

I want to briefly remind everyone that the majority of Ward 14 will be receiving green carts starting August 28 with collection starting on October 2. If you are away during this time, you will still get your bin. I encourage

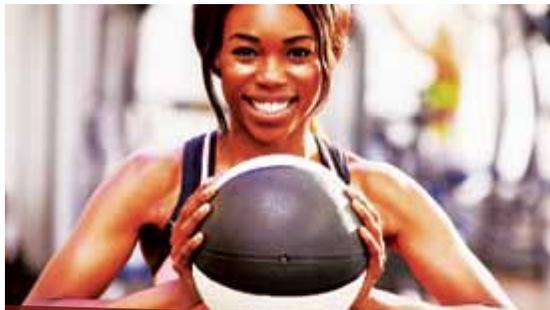
you to ask your neighbours to bring the cart on to your property. Look for all necessary instructions inside the bin when you receive it, and visit calgary.ca/greencart for more info

Macleod Trail and 162 Avenue Interchange

One sure sign of autumn is the end of construction season, but the end of this bit of construction has been coming for more than just a season. Those of us who drive the road every day have dealt with it for many months, and those who have dealt with it behind the scenes—like me—are coming to the end of a process that lasted many years. I am very proud to have worked on this project. I know it will benefit Calgarians for decades to come.

As I write this we are preparing to open the new interchange to vehicles. As you read it, the interchange will be nearing completion. If you are looking for the latest information about the progress of construction or just details about the project, I recommend visiting calgary.ca/macleod162ave.

Of course, you can always contact me if you would like to speak with me about the interchange, or anything else. Enjoy the wonderful weather while it lasts!



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