

Mid-Sun

messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

Delivered monthly to 6,500 households

MAY 2019

**COMMUNITY SAFETY
MEETING
MAY 31 @ 6PM**

www.midsun.org



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PRESIDENT'S MESSAGE



As shown in the February issue of Mid-Sun Message, a new design is coming for the exterior of the Mid-Sun Community Centre (if you missed that issue, please reach out and we can show you a mock-up of how the new siding will appear). When we started soliciting suggestions for the new look last year, residents expressed a wide variety of ideas for colour (earth tones, light shades, and nearly every colour of the rainbow were suggested at some point), materials (e.g. a mix of natural materials, brick from top to bottom) and design (complimenting the natural surroundings, blending in with neighbouring buildings, or matching the look of our lake houses). Though the design we ultimately chose seemed to be very popular, naturally, there were still different views on how it should look.

But despite these differences in opinion, most residents agreed that it was time for a change. Even when I told a friend about the design we chose, his response could best be described as relief, despite not living in the community since 2002. But with construction of our new exterior set to begin in the next month, I wanted to pay tribute to the old look, which has stood in the community for nearly 25 years.

For more information on the design and construction of our community centre, I reached out to former Mid-Sun President, Anne Radic, who was also former chair of the building committee, which formed in the late 1980s, and worked for several years to get the community centre up and running in 1994.

For a while we just discussed skiing, and the recent events on our respective boards (Anne is a director with Lake Sundance, and told me about some new signs there that have been a big hit: slogans like "life is better at the lake" adorn the office, while pictures of mermaids, pirates, and families of ducks now designate the different public washrooms). Then Anne shared some great stories about the early days of the Mid-Sun Com-



munity Centre: different ideas on how the building might be used (there could have been a pub upstairs?); Coca-Cola generously providing our free-standing sign, which still bears their logo; and coaching a novice girl's basketball team to the city championship. We discussed more than I could possibly fit in this column, but Anne also wrote out her own recollections of the building committee, which is published later in this issue.

So, what was the story of our unique exterior?

The outside was never going to be fancy, since the building committee's focus was on getting the community centre constructed debt-free and making sure that it would meet local needs. But knowing how the large, boxy building would stick out in the community, a design was chosen that would break up its appearance. This is clear in the use of horizontal stripes, along with the diagonal lines of the building silhouettes that adorn the outside of the community centre. The centre's colours reflect nature, and blend into the sky (it is not hard to see this in the blue, but even the pink echoes the sky's appearance during dawn or dusk). The sand-tone yellow is also evocative of the way grass looks in our surrounding field, from fall to early spring. A fourth colour, green, once completed the natural motif, since it was used on the benches we used to have out front. It can still be seen on the beams above our gymnasium.

~cont'd next page~

It would be terrific to know who came up with this original design. Anne wasn't sure who initially suggested it but described the concept as "a village within a village". And it is those silhouettes of village buildings that I will really miss from the old exterior.

When I first got into local history, I couldn't help but see them as representing the buildings in old Midnapore: the steeples of the little churches; the gentle peaks of Watkins Machine Shop and the Midnapore Hall; and the high towers which seemed to evoke the water tower at St. Mary's, or the old grain elevators. I would have liked the new design to incorporate something like these silhouettes, but it just wasn't meant to be. Perhaps there will be a way to pay tribute to them in the future.

I look forward to the new design, but I must admit that I will miss the old. Apart from the decay that has shown as the stucco has aged, compounded with the ongoing loss of awnings, trees, and the aforementioned benches, I've never really understood the harsher criticism of the building's appearance. Honestly, until I got

into area history and joined the board, I never thought much about how the community centre looked. Growing up here, it was just the look of "the Mid-Sun", which was the place for awesome used toy sales, dances, and where my friends went to after school care. It was where my older brother went to play basketball. And when I got older, it was where I bought my first records, from a local family that was getting rid of their collection in a rummage sale. Later still, it was where I often went to vote. I am sure many of you have similar memories, as it is somewhere that has always buzzed with the life of events and programs. I've always had positive associations with the building, exterior and all.

Reflecting on the work we have put into preparing the new exterior, I must consider what it all means. Certainly, the new siding will be an important renovation, which will preserve the building for years to come. And it will have a huge presence in the community- many of you may never step foot inside, but nearly all will go past it at some point, so I hope that the new look is something you can be proud of. But what really matters for the building are the experiences we have there, the fond memories it creates, and the connections with our neighbours that it fosters. And it is my hope that the community centre, regardless of how it looks, will have the same impact on all residents that it has had on me.

Community Safety Meeting

On Friday May 31 from 6 PM to 8 PM, our Community Resource Officer from the Calgary Police Service (CPS) will be hosting a Community Safety Meeting for Midnapore and Sundance at the Mid-Sun Community Centre. All are welcome to attend. At our last meeting in November, the topics included: home and vehicle security, collaborating with the CPS, reporting suspicious behaviour, keeping seniors safe, and preventing victimisation. The attendance was low at the last meeting, but everyone who went reported that it was helpful and informative, so I hope to see more of you out. If you would like more information, or want to suggest a topic for discussion, please contact me. I look forward to seeing you there.

-Mark Schmidt
President, Mid-Sun Community Association
president@midsun.org



The Mid-Sun Community Association is looking to fill some positions with our Board of Directors. If you would be interested in helping the Community Association with any of the following volunteer roles, please contact our Board President, Mark Schmidt, at president@midsun.org.



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Specialty Camps

Ages 5-12

Week 1: (July 2-5)	\$200.00
Field Trip: Telus Spark	
*No Camp Monday July 1 nd	
Week 2: (July 8-12)	\$225.00
Field Trip: Granary Road	
Week 3: (July 15-19)	\$240.00
Field Trip: Calaway Park	
Week 4: (July 22-26)	\$240.00
Field Trip: Sleepover & Laser City	
Week 5: (July 29-Aug 2)	\$230.00
Field Trip: Studio Bell	
Week 6: (Aug 6-9)	\$200.00
Field Trip: Calgary Zoo	
*No camp Monday, August 5 th	
Week 7: (Aug 12-16)	\$225.00
Field Trip: Heritage Park	
Week 8: (Aug 19-23)	\$225.00
Field Trip: Corn Maze	
Week 9: (Aug 26-30)	\$240.00
Field Trip: Shakers Fun Centre	

Ages 5-8, 8-12, or 5-12

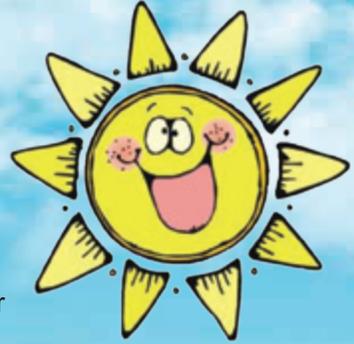
Week 1: (July 2-5)	\$200.00
Drama Camp (Ages 8-12)	
Beginner's Soccer (Ages 5-8)	
Week 2: (July 8-12)	\$225.00
Art Extravaganza (Ages 5-12)	
Dance Camp (Ages 5-8)	
Week 3: (July 15-19)	\$225.00
Bike Camp (Ages 8-12)	
Baton and Acro (Ages 8-12)	
Week 4: (July 22-26)	\$225.00
Summer Splash (Ages 5-12)	
Drama Camp (Ages 5-8)	
Week 5: (July 29-Aug 2)	\$225.00
Musical Melodies (Ages 5-8)	
Martial Arts (Ages 5-12)	
Week 6: (Aug 6-9)	\$200.00
Beginner's Basketball (Ages 5-8)	
Dance Camp (8-12)	
Week 7: (Aug 12-16)	\$225.00
Artrageous (Ages 5-12)	
Multi-Sport (Ages 5-8)	
Week 8: (Aug 19-23)	\$225.00
Musical Melodies (Ages 8-12)	
Discovery Camp (Ages 5-12)	
Week 9: (Aug 26-30)	\$225.00
Photography Camp (Ages 8-12)	
Racquet Camp (Ages 5-12)	

Like us on Facebook for updates, announcements and contests!



Day Camps 2019

Youth Camps



Ages 12-14

Week 2: (July 8-12)

Explore the City **\$275.00**
(Campers will visit the Calgary Zoo, Studio Bell, Downtown, Locked Room, have a “Selfie Day”, and visit a location of their choice!)

Week 3: (July 15-19)

Environmental Stewardship **\$225.00**

Week 7: (Aug 12-16)

Explore the City **\$275.00**
(Campers will visit the Chinook Climbing Centre, Eau Claire, Calgary Tower, the Hexagon Board Game Cafe, have a “Selfie Day”, and visit a location of their choice!)

Week 8: (Aug 19-23)

Environmental Stewardship **\$225.00**

Summer is almost here!

Register Online or In-House for Day Camps today!

In-house registration can be done at

50 Midpark Rise SE. Online Registration can be done on our
website at www.midsun.org

Full camp descriptions can be found in our new Camp Guide at www.midsun.org.



Mid-Sun Bike Exchange

Saturday May 11

9:15am – 10:30am (9am if you donate a bike)

Are you looking for an awesome bike? We have you covered! Browse our selection of gently used kids (age 4+) and adult bikes and upgrade your ride!

Donate a bike (make sure it is clean and works well), get a \$10 coupon towards another bike (average cost \$10 - \$30), AND get early entrance to the event at 9am. Please note that all sales are final and we accept cash only.

Donations are accepted starting Friday May 3 at 9am and finish on Thursday May 9 at 9pm. Sorry, no donations will be accepted after this time. We value your safety and have the right to refuse unsafe and dirty bikes. No plastic, broken bikes or tricycles, please.

Volunteers will inspect each bike and make minor repairs if necessary. You are welcome to join our volunteer bike crew on Friday May 10 at 6pm. We will provide bike stands and tools, or you can bring your own. Please email Caroline at programs@midsun.org if you would like to volunteer.

JOIN US!

Stay active, meet your neighbours and have fun this spring! Our programs are for everyone from any community in Calgary and the surrounding area. We are an inclusive facility and partner with Between Friends and Alberta Health Service. We strive to accommodate all participants to the best of our ability. Please contact us at 403 254 8058 or programs@midsun.org to see if a program is right for you.

Many programs fill very quickly; register early to avoid disappointment. Each program varies in capacity due to our desire to provide a quality experience, equipment requirements, safety and costs.

All programs run for 10 classes, unless otherwise specified.

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

**REGISTRATION
IS
NOW
OPEN!**

Spring 2019

RECREATION PROGRAMS

Jump Into An Active Spring 2019!



YOUTH PROGRAMS

Chinese Cultural Dance Crew (Age 5 – 12)

Drop-ins welcome!

Tuesday 5:00pm – 6:00pm

Sundance Studio

April 9 – June 11 10 classes

Instructor: Maliya Masters Degree in Dance Choreography from Xin Jiang University.

Cost \$90 M / \$100 NM

(min 6 – max 12)

Join the Crew! Have fun listening and singing to popular Western and Chinese music! Learn super cool moves, including jazz, tap, contemporary and lyrical, all taught in Mandarin. Each class introduces new choreography that may include traditional Chinese dance accessories like fans, ribbons, sleeves and handkerchiefs. Increase confidence, agility, coordination, and musicality in a supportive environment. No experience needed and all levels are welcome.

Note: Arrangements can be made for children attending Out of School Care to be signed out by teacher Maliya and walked to the class at the Mid-Sun Community Centre.

Youth Badminton (Age 8-13 years)

NEW DAY

Wednesday: 5:00pm-6:00pm

East Gym

April 10 – June 12 10 classes

Instructor: Bovey Yang from Mid-Sun Out of School Care

Cost: \$90M / \$100 NM

(min 5 – max 12)

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 (Age 6 – 9)

Thursday 5:00pm-6:00pm

West Gym

April 11 – June 13 10 classes

Instructor: Caroline

Cost: \$90M / \$100NM

(min 5 – max 12)

Do you love basketball? This is the class for you! Learn the fundamental skills to be an awesome player. The class includes free time, partner drills, shooting, passing, and lots of games. This is a non-competitive class based on fun with time to play. Bring your own ball or use one of ours.

Youth Basketball Level 2 (Age 10-13)

Monday 6:00pm-7:00pm

West Gym

April 8 - June 10 9 classes

No class on Monday May 20, 2019

Instructor: Olivia

Cost: \$80M / \$90 NM

(min 5 – max 12)

A super great class for athletes who want a more advanced basketball

class. Level 2 will cover shooting techniques, dribbling moves, shooting on the move and cutting. This is a fun class with lots of time to run, jump and play!

Youth Dance Crew (Age 6 – 12)

Thursday 4:00-5:00pm

Sundance Studio

April 11 - June 13 10 classes

Instructor: Jewels from Summer Day Camps

Cost: \$90M / \$100NM

(min 5 – max 12)

Have a super fun time with the Dance Crew! Each week we will listen and sing to popular music, learn cool moves, including hip hop, jazz, lyrical and contemporary dance styles. We will come up with creative choreography together, practice, sing, and DANCE! Increase confidence, agility, coordination, and musicality in a supportive environment. No experience needed and all levels are welcome.

Youth Dodgeball (Age 8 – 13) NEW DAY

Wednesday 4:00-5:00pm

West Gym

April 10 – June 12 10 classes

Instructor: Bovey Yang from Mid-Sun Out of School Care

Cost: \$90M / \$100NM

(min 5 – max 18)

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

Youth Painting (Age 7+)

NEW

Wednesday 4:30pm – 6:00pm

Meeting Room

April 10 – June 12

Instructor: Alexandre

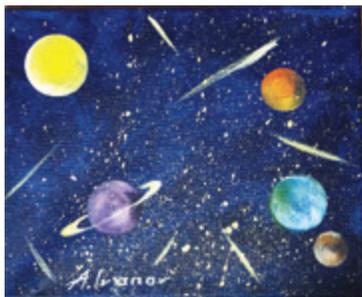
Cost: \$140M / \$150NM

(Min 6 – Max 12)

A great experience for youth ages 7 and up who would like to learn to paint in watercolour, acrylic or oil. We will guide your child through a step-by-step learning process to create paintings from start to finish. Fun, encouragement and individual instruction will bring out their talents and creativity in painting a wide range of subjects including animals and landscapes. **Adults are welcome to register themselves and a child and attend this class together.**

Unsure of what type of painting style (watercolour, acrylic or oil) is your favourite? No problem! We can supply the paint and the brushes for \$7. Please bring your own supplies if you have them. A canvas (available for under \$2 at the Dollar Store or Michaels) or Watercolour paper (available for \$4 for a huge sheet at Mid-Sun) is required for the first class. Alexandre is always available to answer your questions; please email them to programs@midsun.org

Youth Painting Workshop: Planets and Space (Age 7 -18) **NEW**



Saturday 2:00pm – 3:30pm

Meeting Room

April 27 1 class

Instructor: Alexandre

Cost \$20M / \$25NM

(min 6 – max 12)

This is a super fun project that is surprisingly easy and incredibly creative, no experience required! Acrylic paint and brushes will be provided or bring your own. A painting canvas will be provided for each artist.

Youth Tennis Level 1 (Age 6 – 9)

Tuesday 4:00pm-5:00pm West Gym

April 9 – June 11 10 classes

Instructor: Scott from Universal Tennis

Cost: \$105 M / \$115 NM

(min 6 – max 10)

Indoor tennis is so much fun! Learn basic tennis skills on a smaller kid-friendly court. Instructor Scott will provide individual assistance to all players to encourage supportive self-paced learning. There is lots of time for game play, too. Bring your

own racquet or borrow one of ours.

Youth Tennis Level 2 (Age 10 – 13)

Tuesday 5:00pm - 6:00pm

West Gym

April 9 – June 11 10 classes

Instructor: Scott from Universal Tennis

Cost: \$105 M / \$115 NM

(min 6 – max 10)

A super great class for athletes who want a more advanced tennis class. Level 2 will cover serving, ground shots, and volleying. This is a fun class with lots of time to run, hit and play. All levels are welcome to join in and improve tennis skills, no experience required. Bring your own racquet or borrow one of ours.

CREATIVE ART PROGRAMS

Youth Painting

Have a super fun time painting a wide range of subjects, including animals and landscapes, and learn how to create paintings from start to finish. Each artist will receive individual attention, lots of practice, and encouragement on every project. This class develops creativity and provides a solid sense of achievement for everyone. Adults are welcome to register themselves and a child and attend this class together. NO experience required and all levels welcome.



This is a project-based class using an 8X10 canvas and acrylic paint, and most projects will be completed in a single class. Please bring your own canvas and supplies if you have them, or, we can supply the paint and the brushes for \$7. Alexandre is always available to answer your questions; please email them to programs@midsun.org

Acrylic Painting with Alexandre

Wednesday 11:00am-1:00pm

April 10 - June 12 10 classes

Instructor: Alexandre

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

(min 6 – max 12)

Unsure if painting is for you? This is a great class to start, refresh and enhance your skills! Alexandre will provide individual attention to everyone, making suggestions about personal projects and how to progress. Improve your skills in this inspiring self-paced class. All levels are welcome. A supply list will be provided at registration.

Acrylic Painting Workshop: Mount Rundle (Age 14+) NEW

Saturday 12:30pm – 3:30pm

Meeting Room

June 1 1 class

Instructor: Alexandre

Cost \$30M / \$35NM

(min 6 – max 12)

Painting Mount Rundle using acrylic paints is an exciting and inspiring



project! This class is for everyone who would like to learn about, and improve, landscape-painting techniques. All levels are welcome, whether you have never painted, or have years of experience. Paint and brushes can be provided for \$7, or bring your own supplies. A supply list is provided when you register.

Acrylic Painting Workshop: Seascapes (Age 14+) NEW

Saturday 12:30pm – 3:30pm

Meeting Room

June 8 1 class

Instructor: Alexandre

Cost \$30M / \$35NM

(min 6 – max 12)

This workshop reinforces the funda-



mentals of acrylic painting: sketching, values, colour, and also focuses on making seascape paintings atmospheric. Discover many useful artistic and creative tricks and tips to handle the impressive movement of the sea. Previous acrylic painting experience required. A supply list is provided when you register.

Crochet for Total Beginners

Monday: 1:30pm-2:30pm

Boardroom

April 1-22 4 classes

Instructor: Wendy

Cost: \$40 M / \$50 NM includes crochet hook and yarn for all projects.

(min 4 – max 6)

Have you always wanted to learn how to crochet? This is the class for you! We will learn how to chain, and the single, and half-double crochet stitches. You will have lots of practice making small and easy projects. Feel successful and supported with individual instruction from Wendy. Join us for a fun and social hour of creativity!

Crochet for Advancing Beginners

Monday: 1:30pm-2:30pm

Boardroom

May 27 - June 17 4 classes

Instructor: Wendy

Cost: \$30 M / \$40 NM (provide your own yarn and hook)

(min 4 – max 6)

Continue gaining creative skills! Lots of practice and small projects will



progress towards creating an easy beginner project such as a shawl, infinity scarf or cowl; the group will decide. Wendy will provide individual attention to ensure self-paced and successful learning is a fun and social environment.

Prerequisite: *Crochet for Beginners or previous experience.*

Crochet: Intermediate Level FULL

Tuesday: 1:30pm-3:00pm Boardroom

April 2 – 23 and May 21 - June 18 9 classes

(no instructor April 30, May 7, 14 yet you are welcome to crochet in the Boardroom)

Instructor: Wendy

Cost: \$80 M / \$90 NM (min 4 – max 8)

Have you crocheted before, want to refresh your skills, and continue to learn? This is the class for you! Choose your individual projects, and Wendy will provide individual attention every step of the way to ensure successful learning and a positive experience. The Intermediate level projects can focus on working in rounds or learning new stitches.

Prerequisite: *Crochet for Advancing Beginners or previous experience*

Mid-Sun Social Club (age 18+)

Monday: 1:15pm-3:15pm Meeting

Room

February 11 – June 17

No class on Monday May 20

Cost: Drop-in only. \$5 for a 5-visit drop-in pass (debit, credit or bills only, no coins) (Maximum 25)

Bring your crafts, cards, crochet or coffee and join the fun! This is a great place to get your creative juices flowing, share patterns, play cards, discuss books, and chat after Walking Club. Everyone is welcome!

Note: The Mid-Sun Social Club is open on February 11 and will continue until June 24. There is no Social Club on February 18 or May 20.

Watercolour Painting: Beginner

Wednesday 7:30pm-9:30pm

April 10 - June 12 10 classes

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

OR

Thursday: 10:30am – 12:30pm

FULL

April 11 - June 13 10 classes

Instructor: Gabriele

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

(min 6 – max 12)

Start your exploration of this exciting style of painting with demonstrations and how-to's by Calgary artist Gabriele Vogt-Lynch. Each class includes a group lesson followed by individual attention to complete a project. All levels

of experience are welcome in this relaxed and supportive class! One large sheet of watercolour paper is included. A supply list will be provided with your confirmed registration.

Watercolour Painting: Intermediate

Thursday: 7:30pm-9:30pm

April 11 - June 13 10 classes

Instructor: Gabriele

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

(min 6 – max 12)

Continue your watercolour-painting journey in a relaxed and inspiring atmosphere. Each class will contain a group lesson and individual attention to complete a project. One large sheet of watercolour paper is included.

Prerequisite: *Previous Beginner Watercolour class with Gabriele recommended.*

Watercolour Painting: Advanced

Friday 10:30am – 1:00pm

April 12 - June 21 10 classes

No class on Friday April 19, 2019

Instructor: Gabriele

Cost: \$213 M, \$223 NM (supplies not included)

(min 6 – max 12)

Expand your artistic potential in a relaxed and supportive environment. Bring your ideas and benefit from the guidance of Calgary artist Gabriele Vogt-Lynch. Strong



experience in watercolour painting is required, preferably having completed the Beginner and Intermediate classes with Gabriele.

ADULT FITNESS PROGRAMS

Introduction to Belly Dance

Tuesday 6:45pm-7:45pm Meeting Room

April 9 - June 11 10 classes

Instructor: Heather

Cost: \$55 M / \$65 NM

(min 5 - max 12) ladies only

No experience is necessary for this fun and muscle-toning class! This empowering feminine dance form is for ladies of all ages, shapes, and fitness level: no judgments here! We will learn basic moves that work your hips, abs, booty, and arms and create short routines that are easy to follow. Please wear comfortable, stretchy clothing, bare feet or dance slippers.

HIIT Total Body Workout

Tuesday 5:30pm-6:30pm

Midnapore Studio

April 9 - June 11 10 classes

Instructor: Kaley

Cost \$90 M / \$100 NM

(min 5 - max 18)

Get your fitness HIIT (High Intensity Interval Training) with this amazing

high-energy class! A great hour of self-paced cardio intervals combined with strength training and core exercises gives you a total body workout to maximize your calorie burning and fitness results. This class is designed to challenge you; go for it! All levels are welcome and modifications provided for all exercises so you never feel left out.

Indoor Walking Club

Monday 12:00pm - 1:00 pm full gym

April 1 - June 17 11 sessions

No class on May 20

Cost: \$10 or \$5 for a 5 visit drop-in pass (debit, credit or bills only and no coins)

OR

Wednesday 12:00pm - 1:00 pm full gym

April 3 - June 19 12 sessions

Cost: \$10 or \$5 for a 5-visit drop-in pass (debit, credit or bills only and no coins)

Enjoy walking in our huge gym! Each day will have a new walking route, multiple direction changes, optional obstacle course, all in a safe and social environment. Benches, chairs, music and water are available. Please bring clean indoor shoes and a water bottle. Meet your neighbours and get fit!

Please note that we have shifted to a coinless payment system and will accept payment with bills, debit and credit only. Thank you for your understanding.

Beginner Line Dancing (level 1)

Sunday 10:30am-11:30pm

Meeting Room

April 7 - June 23 10 classes

No classes April 21 and May 19, 2019

Instructor: Julian

Cost: \$85 M/ \$95 NM

(min 5 - max 12)

Line dancing is for fun and fitness- no partner or experience is required. Improve your balance, concentration, strength and coordination and learn simple new dances in a supportive and welcoming environment. If you have ever wanted to try Line Dancing, this class is for you!

Experienced Line Dancing (level 2)

Tuesday 9:15am-10:15am

April 2 - June 18, 2019 12 classes

Instructor: Joe

Cost: \$110 M/ \$120 NM

(min 6 - max 16)

Build on what you have learned in the Beginner class! A number of new dances are taught with even more fun to be had! Instructor Joe will continue the easy learning, supportive emails and YouTube videos in the next step in your Line Dance journey.

Prerequisite: Beginner Line Dance Level 1 or previous experience

Pickleball (drop-in)

Friday 10:15am – 12:30pm

April 26 – June 21 9 sessions

AND

Weekends if space permits. Please check our online calendar for current dates at <http://www.midsun.org/programs/>

Cost: \$10 for a 5-visit pass / \$20 for an 11-visit pass / \$5 single drop-in (debit, credit, or bills only)

6 courts available

All levels are welcome! Bring your paddle or borrow one of ours. New to Pickleball? On Fridays we have a beginner court where you can learn, practice, and receive assistance from volunteer players!

Please note:

Weekend dates are subject to change. Please view our monthly calendar on our web site at midsun.org for the most up-to-date information.

We have shifted to a coinless payment system and will accept payment with debit, credit and paper bills only. Thank you for your understanding.

Pilates for You

Friday 10:20am-11:20am

Midnapore Studio

April 12 – June 21 10 classes

No class on April 19

Instructor: Caroline

Cost: \$75 M / \$85 NM

(min 6 - max 14)

Would you like to tighten your tummy, tone your booty and increase flexibility? Pilates is the answer! This class is taught lying on a mat and includes a gentle warmup to mobilize your spine, and release your hips. Learn specific moderate exercises to strengthen the transverses abdominals and improve your posture. Each class is taught at your personal level so you progress naturally each week and never feel left out. All levels of fitness are welcome, no judgements here!

Worth the Weight!

Tuesday 6:35pm-7:35pm

Midnapore Studio

April 9 – June 11 10 classes

Instructor: Kaley

Cost: \$90 M / \$100 NM

(min 6 - max 18)

One of the most important parts of a fitness routine is weight training. Starting with a cardio warmup, a combination of light, moderate and heavy weights are used for a total body workout designed to create lean, strong muscles, help burn calories, and boost your metabolism! All levels of fitness are welcome, all equipment provided. Each class ends with core work and stretching.

Worth the Weight!:

Getting Started

Wednesday 7:30pm – 8:30pm

Midnapore Studio

April 10 – June 12 10 classes

Instructor: Teresa

Cost: \$90 M / \$100 NM

(min 6 - max 14)

Worth the Weight: Getting Started is the perfect introduction to strengthening with weights. Each class will start with a warmup, introduce exercises that use weights, and teach you how to do each exercise safely with correct form, all in a supportive and self-paced way. Each class ends with core work and stretching. Never feel left out or confused in this class! Do it for YOU!

Weekend Worth the Weight!

Saturday 9:15am-10:15am

Midnapore Studio

April 6 – June 22 10 classes

No class on April 20 or May 18

Instructor: Kaley

Cost: \$90 M / \$100 NM

(min 6 - max 18)

Crank up your weekend with a total body workout! Lots of cardio and a fresh new weight workout each week will super energize your Saturday. Starting with a progressive warmup, this self-paced class challenges you to gain strength, cardiovascular fitness and flexibility. Use hand weights, medicine balls, tubing, and other equipment for an awesome weight workout! Each class ends with core work and stretching. 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.

Gentle Restorative Yoga

Tuesday: 8:00pm-9:00pm
April 9 – June 11 10 classes
Instructor: Caroline
Cost: \$90 M / \$100 NM
(min 5 - max 14)

Lounging on cushions ...yes please! The entire class is spent lying on a yoga mat enjoying delightfully relaxing yoga positions, while fully supported by blankets, bolsters (cushions), and foam blocks. Each position is held up to 5 minutes to gain all the therapeutic benefits and the ultimate chill out experience. Individual attention is provided by Caroline to ensure that everyone feels as comfortable as possible. This is a great recharge; treat yourself to a meditative and calming experience.

Meditation Techniques

Thursday: 1:30pm-2:30pm
April 11 – June 12 10 classes
Instructor: Lindsay (500 hour Registered Yoga Teacher, artist, singer)
Cost: \$75 M / \$85 NM
(min 6 - max 12)

Are you curious about meditation

and interested in learning the benefits? Meditation is the practiced skill of choosing to stay present instead of being distracted by the multitude of thoughts we all have. Lindsay will teach you ways to do this, and enhance your experience with music and voice. Comfort is important and we provide the option to sit on the floor, a chair, lean against a wall or lie down. Our Sundance Studio is incredibly quiet and very conducive to creating calm. Meditation is a skill that helps us to relax and get to sleep easier.

Yoga at Your Level

Monday 7:30pm-8:30pm Meeting Room
April 8 – June 10 9 classes
No class on May 20
Instructor: Gladys
Cost: \$100 M / \$110 NM
(min 5 - max 12)
OR
Wednesday 6:15pm- 7:15pm Midnapore Studio
April 10 – June 12 10 classes
Instructor: Gladys
Cost: \$110 M / \$120 NM
(min 5 - max 16)

Have you always felt intimidated by large group yoga classes? Worried that you will 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 is working with. She will provide individual assistance and help you feel 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.

50+ ACTIVE LIVING PROGRAMS

50+ Yoga (Tuesday)
10:30am – 11:30am Midnapore Studio
April 9 – June 11 10 classes
Instructor: Caroline
Cost: \$75 M/ \$85 NM
(min 6 - max 20)
OR

50+ Yoga (Thursday)
10:30am-11:30am Midnapore Studio
April 11 – June 13 10 classes
Instructor: Laila
Cost: \$75 M/ \$85 NM
(min 6 - max 20)

Immerse yourself in a kind, supportive and social environment. Learn gentle ways to keep your joints moving, muscles flexible and your mind relaxed. All levels welcome and options are provided to create a safe and comfortable experience for everyone. Each class includes a gentle introduction, progressive mobility, standing and then seated yoga moves, followed by a delightful final relaxation.

Note: If you are not comfortable getting up and down off the floor,



please consider registering for Gentle Chair Yoga for Flexibility and Balance.

50+ Gentle Chair Strength and Stretch

Friday: 2:00pm-3:00pm

April 12 – June 21 10 classes

No class on Friday April 19

Instructor: Caroline

Cost: \$75 M/ \$85 NM

(min 6 - max 14)

Are you interested in a gentle total body workout? This is the class for you! We use a chair to create an enjoyable, safe, and social environment while you improve your strength and flexibility. Each class will begin with a warmup, introduce exercises using hand weights, and teach you how to do each exercise safely with correct form. Each class ends with core work and stretching. Taking special consideration of any injuries and limitations you may have, each class is personalized to your individual needs. This class is very complimentary to the Wednesday Gentle Seated Yoga class. All levels are welcome.

Note: If you are unsure if this class is for you, please contact Caroline, Recreation Programmer, at 403 254 8058 or programs@midsun.org

50+ Gentle Chair Yoga for Flexibility and Balance FULL

Wednesday: 1:30pm-2:30pm

April 10 – June 12 10 classes

Instructor: Caroline

Cost: \$75 M/ \$85 NM

(min 6 - max 14)

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 Wednesday! All levels are welcome.

Note: If you are unsure if this class is for you, please contact Caroline, Recreation Programmer, at 403 254 8058 or programs@midsun.org

50+ Fit and Fabulous

Monday 10:15am-11:15am

April 8 – June 10 9 classes

No Class May 20

Instructor: Caroline

Cost: \$67 M/ \$77 NM

(min 6 - max 18)

This class is designed to improve your overall fitness level. Each class starts with a gentle warmup, easy to follow cardiovascular fitness, strength work, abdominal exercises and stretching. Improve your strength, cardiovascular fitness and have fun in this self-paced class! All levels are welcome.

50+ Fit and Fabulous: Upper Body and Balance

Wednesday 10:15am – 11:15am

April 10 – June 12 10 classes

Instructor: Pam

Cost: \$75 M/\$85 NM

(min 6 - max 18)

Would you like to improve your balance? This is the place to do it! Each class begins with a gentle warmup, easy to follow cardiovascular fitness, and then strengthens the upper body, booty and abdominals using weights, bands, tubing, stability balls and circuits. We will progressively work through different balancing exercises each week, all in a safe and self-paced environment. This class is the perfect complement to Monday Fit and Fabulous!

50+ Zumba Gold

Tuesday 11:45am-12:45pm

April 9 – June 11 10 classes

Instructor: Andrea

Cost: \$75 M/ \$85 NM

Dance like no one is watching! This class is perfect for adults looking for a fun activity with easy to follow moves, all at an enjoyable intensity. Each class begins with a fluid warmup, and choreography is slowly built each week; you will know the moves to the songs in no time! Improve your balance, mobility and joint range of motion in a joyful and social environment. No experience required.

Beginner Line Dancing (level 1)

Sunday 10:30am-11:30pm

Meeting Room

April 7 – June 23 10 classes

**No classes April 21 and May 19,
2019**

Instructor: Julian

Cost: \$85 M/ \$95 NM

(min 5 - max 12)

Line dancing is for fun and fitness- no partner required. Improve your balance, concentration, strength and coordination and learn simple new dances in a supportive and welcoming environment. If you have ever wanted to try line dancing, go for it!

Experienced Line Dancing (level 2)

Tuesday 9:15am-10:15am

April 2 – June 18, 2019 12 classes

Instructor: Joe

Cost: \$110 M/ \$120 NM

(min 6 - max 16)

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 will continue the easy learning, supportive emails/YouTube videos, and laughs in this next step in your Line Dance journey.

**Prerequisite: Beginner Line Dance
Level 1 or previous experience.**

Gentle Restorative Yoga

Tuesday: 8:00pm-9:00pm

April 9 – June 11 10 classes

Instructor: Caroline

Cost: \$90 M / \$100 NM

(min 5 - max 14)

Lounging on cushions ...yes please! The entire class is spent lying on a yoga mat enjoying delightfully relaxing yoga positions, while fully supported by blankets, bolsters (cushions), and foam blocks. Each position is held up to 5 minutes to gain all the therapeutic benefits and the ultimate chill out experience. Individual attention will be provided by Caroline to ensure that everyone feels as comfortable as possible. This is a great recharge; treat yourself to a meditative and calming experience.

Indoor Walking Club

Monday 12:00pm – 1:00 pm

full gym

April 1 - June 17 11 sessions

No class on May 20

**Cost: \$10 or \$5 for a 5 visit drop-
in pass (debit, credit or bills only
and no coins)**

OR

Wednesday 12:00pm – 1:00 pm
full gym

April 3 - June 19 12 sessions

**Cost: \$10 or \$5 for a 5-visit drop-
in pass (debit, credit or bills only
and no coins)**

Enjoy walking in our huge air conditioned double gym! Each day will

have a new walking route, multiple direction changes, optional obstacle course, all in a safe and social environment! Benches, chairs, music and water are available. Please bring clean indoor shoes and a water bottle. Meet your neighbours and get fit! This is a self-paced class; walk at your own pace and chat with new friends!

Please note that we have shifted to a coinless payment system and will accept payment with debit, credit or bills only. Thank you for your understanding.

Mid-Sun Social Club (age 18+)

**Monday: 1:15pm-3:15pm Meeting
Room**

Feb 11 – June 17

**No class on Monday Feb 18 or
May 20**

**Cost: Drop-in only. \$5 for a 5-visit
drop-in pass (debit, credit or bills
only, no coins)
(Maximum 25)**

Bring your crafts, cards, crochet or coffee and join the fun! This is a great place to get your creative juices flowing, share patterns, play cards, discuss books, and chat after Walking Club. Everyone is welcome!

Note: The Mid-Sun Social Club is open on February 11 and will continue until June 24. There is no Social Club on February 18 or May 20.



Meditation Techniques

Thursday: 1:30pm-2:30pm

April 11 – June 12 10 classes

Instructor: Lindsay (500 hour Registered Yoga Teacher, artist, singer)

Cost: \$75 M / \$85 NM (min 6 - max 12)

Are you curious about meditation and interested in learning the benefits? Meditation is the practiced skill of choosing to stay present instead of being distracted by the multitude of thoughts we all have. Lindsay will teach you ways to do this, and enhance your experience with music and voice. Comfort is important and we provide the option to sit on the floor, a chair, lean against a wall or lie down. Our Sundance Studio is incredibly quiet and very conducive to creating calm. Meditation is a skill that helps us to relax and get to sleep easier.

Pickleball (drop-in)

Friday 10:15am – 12:30pm

April 26 – June 21 9 sessions

AND

Weekends if space permits. Please check our online calendar for current dates at <http://www.midsun.org/programs/>

Cost: \$10 for a 5-visit pass / \$20 for an 11-visit pass / \$5 single drop-in (debit, credit, or bills only)

6 courts available

All levels are welcome! Bring your paddle or borrow one of ours. New to Pickleball? We have a beginner court where you can learn, practice, and receive assistance from volunteer players!

Please note:

Weekend dates are subject to change. Please view our monthly calendar on our web site at midsun.org for the most up-to-date information.

We have shifted to a coinless payment system and will accept payment with debit, credit and paper bills only. Thank you for your understanding.

Pilates for You

Friday 10:20am-11:20am

Midnapore Studio

April 12 – June 21 10 classes

No class on April 19

Instructor: Caroline

Cost: \$75 M / \$85 NM

(min 6 - max 14)

Would you like to tighten your tummy, tone your booty and increase flexibility? Pilates is the answer!

This class is taught on a mat and includes a gentle warmup to mobilize your spine, and release your hips. Learn specific moderate exercises to strengthen the transverses abdominals and improve your posture. Caroline personalizes the class to your level so you progress naturally each week and never feel left out.

All levels of fitness are welcome; no judgements here!

Worth the Weight!: Getting Started

Wednesday 7:30pm – 8:30pm

Midnapore Studio

April 10 – June 12 10 classes

Instructor: Teresa

Cost: \$90 M / \$100 NM

(min 6 - max 16)

Worth the Weight: Getting Started is the perfect introduction to strengthening with weights. Each class will start with a warmup, introduce exercises that use weights, and teach you how to do each exercise safely with correct form, all in a supportive and self-paced way. Each class ends with core work and stretching. Never feel left out or confused in this class. Do it for YOU!

CHILL OUT FRIDAY WORKSHOP SERIES

Each month we like to highlight and share the amazing talents of local community members. Each workshop provides a solid learning opportunity as well as a relaxing end to your week.



Yoga Therapy for Shoulders and Hips (age 18+)

Friday 7:30pm – 9:00pm

Meeting Room

April 26

Instructor: Gladys

Cost \$20

(Maximum 10)

Have you tried yoga classes and found them too generic, full, or not meeting your needs? Yoga Therapy is a transformational and very personal form of yoga that is always taught at your level. Explore optimal range of motion and try movements of the spine, hips and shoulders to increase mobility, stability and ideally to decrease pain. Learn how to cultivate relaxation, explore breath and develop awareness of your patterns of compensation. You will see how compensation creates pain and tension. This approach to movement will help you learn to quiet those compensations and move with more function and ease.

This gentle class will allow you to discover ways for your mind, body and soul to connect.

Mother and Daughter Colouring Night (age 8+)

Friday 7:30pm – 9:00pm

Meeting Room

May 10

Instructor: Lindsay and Lupa,

mother and daughter artists

Cost: \$10 adults and \$8 under age 18 includes 1 adult colouring sheet each

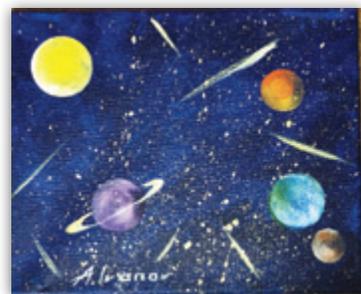
(Maximum 24)

Celebrate Mother's Day early with a shared creative experience! Mother and daughter artists Lindsay and Lupa will inspire and guide you to create a very personal art piece. Bring your pencil crayons and pens, and have a super fun evening learning about colouring techniques and colour choices. No experience required, just a desire to have fun!

Introduction to Inspiring Digital SLR Photography

This workshop will go beyond learning the basic features and functions of a digital interchangeable lens camera (lens options, memory cards, exposure modes, iso and aperture) and allow you to discover how to create photography that is personal, inspiring and fun!. Lindsay is an artist and professional photographer, and will assist you in discovering your own creative style and how to capture images that are both meaningful and artistic.

WEEKEND ART ESCAPE WORKSHOPS



Youth Painting Workshop: Planets and Space (Age 7 - 18) NEW

Saturday 2:00pm – 3:30pm Meeting Room

April 27 1 class

Instructor: Alexandre

Cost \$20M / \$25NM

(min 6 – max 12)

This is a super fun project that is surprisingly easy and incredibly creative, no experience required! Acrylic paint and brushes will be provided or bring your own supplies. A painting canvas will be provided for each artist.

Acrylic Painting Workshop: Mount Rundle (Age 14+) NEW

Saturday 12:30pm – 3:30pm Meeting Room



June 1 1 class
Instructor: Alexandre
Cost \$30M / \$35NM
(min 6 – max 12)

Painting Mount Rundle using acrylic paints is an exciting and inspiring project! This class is for everyone who would like to learn about, and improve, landscape-painting techniques. All levels are welcome, whether you have never painted, or have years of experience. Paint and brushes can be provided for \$7, or bring your own supplies. A supply list is provided when you register.

Acrylic Painting Workshop: Seascapes (Age 14+) **NEW**

Saturday 12:30pm – 3:30pm
Meeting Room
June 8 1 class
Instructor: Alexandre

Cost \$30M / \$35NM
(min 6 – max 12)

This workshop reinforces the fundamentals of acrylic painting: sketching, values, colour, and also focuses on making seascape paintings atmospheric. Discover many useful artistic and creative tricks and tips to handle the impressive movement of the sea. Previous acrylic painting experience required. A supply list is provided when you register.

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!

Contact: Caroline, Recreation Programmer
Email: programs@midsun.org
Phone: at 403 254 8058 extension 232

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Heritage Time Out

McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is necessary. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

We meet on Wednesday mornings from 09:00 to 11:00. Our current session started Wednesday, April 3rd and will end June 19th. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.



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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JUST NEW!
CHECK OUT OUR
INSTAGRAM!

@midsuncommunity



Drop-In Pickleball

Join us Friday 10:15am – 12:30pm and weekends if space permits. Please check our website at www.midsun.org for current weekend opportunities.

Pickleball drop-in at Mid-Sun is now \$5 per drop-in. Value passes are available (\$10 for 5 visits and \$20 for 11 visits). These value passes do not expire. Please note that we no longer accept coin as a form of payment. We do accept Debit, Credit, and Paper Bills. Please visit www.midsun.org to view our Pickleball Calendar. Some weekend times have been added to our schedule.

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)

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

9-1-1 EMERGENCY Medical, Fire and Police

**Telephone Language Interpretation Services available on all lines*

HELP YOURSELF - HELP YOUR COMMUNITY

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

MAY

May 5 - Cinco de Mayo
May 12 - Mother's Day
May 20 - Victoria Day



Happy
Mother's
Day!!

MID-SUN HOUSING MARKET HIGHLIGHTS

(Year to Date)

MIDNAPORE

DETACHED

High \$855,000

Low \$327,500

Sold 11

Avg. days on mkt. 59

ATTACHED

High \$790,000

Low \$280,000

Sold 7

Avg. days on mkt. 30

CONDOS

High n/a

Low n/a

Sold 0

Avg. days on mkt.

SUNDANCE

DETACHED

High \$1,166,000

Low \$334,000

Sold 23

Avg. days on mkt. 47

ATTACHED

High \$450,000

Low \$240,000

Sold 3

Avg. days on mkt. 83

Stats current as of March 31, 2019.
For present-day market sales information in your community, please call us at (403) 256-3888.

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STAMPEDE SHUTDOWN 2019

WE'RE SAD TO ANNOUNCE THAT OUR
MAY 4TH EVENT HAD TO BE CANCELLED
- BUT, KEEP YOUR SPIRITS UP BECAUSE
**STAMPEDE IS JUST
AROUND THE CORNER!**

**SATURDAY
JULY 13; 4 - 7PM**



Are you a regular reader of Mid-Sun Messages?



Would you like to contribute to it on a monthly basis?

We are looking for volunteers to help with proofreading, layout, and design. We are also accepting submissions for cover photos and articles.

If you are interested in volunteering with the newsletter, or have a cover photo you would like to submit, please contact Mark Schmidt at president@midsun.org

If you have an article of local interest that you would like published in Mid-Sun Messages, please send it to bookings@midsun.org

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Mid-Sun Parade of **GARAGE SALES**

June 15, 2019

9am-3pm

Sundance Residents register with Jodi 403-650-6183

Midnapore Residents register with Jen 403-919-1122

There will be a small registration donation required, with proceeds benefiting Children's Cottage and Sonshine Community Services. Further event details can be obtained from the respective community contact at the time of registration.

Reflections on the Mid-Sun Building Committee

It was a busy time but oh soo interesting,

The meet ups were high energy, demanding, and well, 25 years later my dining room chairs and table legs wobble still from the forthright, candid meetings that took place for all those years in my home, as we sorted out what our community needed.

We were intent to build a community sport building that would be debt-free and designed to fit all of the many needs of Midnapore Sundance. At that time, we didn't have as many schools, and no meeting spaces at our lakes, so yep that's why my table legs got sooo wobbly!

I chaired the building committee from the beginning of the change of the original location [the park on the north side of Sun Valley Boulevard, across from where Centennial High School is today] until many years later when we cut the ribbon and opened the building on its current location. I have the legs, the table, and chair legs to prove it lol.

There was sooo much need in our community that it took us almost a year to sort out what type of building, the size of rooms, and usage.

We finally settled on the building everyone knows today and decided to use the outside wall colours we did in an innovative, cosmetic way, to match the outdoors.

Our committee was dynamic, forthright, and I'm proud to say an amazing collection of volunteers that reflected the best of our community.

Anne Radic
Retired Mid-Sun Building Chair :)



Left to Right: Stephen Bradley (Project Manager), John Havelock (MLA), Carol Kraychy (Alderman), RoseMarie McKinnon (President Mid-Sun), Anne Radic (Chairperson Mid-Sun Sportsplex Building Committee)

"I was really proud of that building...proud of everybody that was involved"

Pictured is the ground-breaking ceremony for the Mid-Sun Community Centre, held July 29, 1993. Photo is taken from the October 1993 issue of Mid-Sun Messages. Thanks to Ixia Falkenberg at Great News for providing a scan of the page.

Accountant
Stanley Doherty, CPA, CMA
#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
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Playgrounds 101: Manufacturers



There are several manufacturers of playgrounds that the City of Calgary has approved to work on City land (GameTime, Landscape Structures, KOMPAN, Blue Imp, etc). You can find the logo of the manufacturers located on stickers or imprinted into the playground's equipment. In order to give you a sense of the different designs and structures, we will highlight parks from a few of these manufacturers to explore with your family.

GameTime

GameTime has designed several excellent parks in the city. Arguably the best park in Sundance is the GameTime park at Fr. James Whelihan School (70 Sunmills Drive SE) - it is large, well-connected and there are a variety of different structures (e.g. climbing walls, slides, rope structures and bridges). The new Midnapore School playground is also GameTime.

One of the largest and best parks in all of Calgary is Applestone Park (188 Applewood Dr SE), also made by GameTime. They have a few different sections - one with a large spider web, climbing walls, witch's hat merry-go-round, and an extensively connected bridge system in the larger park.

Landscape Structures



One Landscape Structures park nearby that gives a good example of this company's unique equipment is at Ron Southern School (483 Silverado Blvd SW). Their equipment is high quality but it also comes at a higher price. They have more extensive rope structures that make climbing a blast.

The best examples of Landscape Structures parks in Calgary have been built in the northwest community of Carrington. One of them is Greenway Park (83 Carrington Circle NW) and has a very long zipline, a silver twisting climbing wall, and more interesting ropes.

The second park in Carrington worth exploring has just been built and can be found near 453 Carringvue Ave NW. It has a phenomenal tall "Odyssey Tower" with 3 stories and two slides coming off the top storey. It also has excellent bridges and a small toddler park.

Blue Imp

Blue Imp also has very fun structures without the higher price tag of Landscape Structures. The closest one that gives a great example of their structures is at Christ the King School in Cranston (333 Cranston Way SE).

Conclusion

As you can see based on the various companies providing playground equipment in Calgary, there are many options and in order to build a high-quality playground with unique equipment. We will need to get quotes from various manufacturers and balance the cost versus the extent and quality of the equipment for our budget. If you have any questions, or feedback based on your family's play-testing of equipment, please email us at midsunplayground@gmail.com. Pictures and the name of the manufacturer will help us narrow down our feedback.

Also, check out our Facebook page, www.facebook.com/midsunplayground, for a list of recommended playgrounds based on manufacturers as well as a map of playgrounds in Midnapore and Sundance.

Thomas, Isabella & Xavier Bouchard
Mid-Sun Playground Committee

Odyssey tower



Mid-Sun Playgrounds

Sunlake Road (south leg, surrounded by Sunmeadows Crescent)

Sunvista Close (between #44 and #50)

Sunlake Way (between #63 and #79)

Sunmount Place (accessed between #123 and #131)

1039 Suncastle Drive SE (Fish Creek School)

200 Sunmills Drive SE (Sundance School)

70 Sunmills Drive SE (Father James Whelihan School)

Midvalley Place (between #236 and #248)

Midlake Place (between #23 and #35)

Midglen Place (between #123 and #131)

Midlawn Close (south of #111)

100 Midbend Place (west of #175)

200 Midbend Place (between #230 and #236)

55 Midpark Rise SE (Midnapore School)

To view a Google map of the Mid-Sun playgrounds, visit www.tinyurl.com/y62tyhm4

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 Shutdown, Community Clean Up, Family Fun Carnival, 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 bookings@midsun.org**



GARDEN REPORT



We are accepting Garden Plot registrations for the 2019 growing season. There is a finite number of plots available so register early to ensure you do not miss out this year!

Go to <http://www.midsun.org/online-registration/> to register or come in and speak with someone at the Midsun Community Centre office.

SPRING PLANT SHARE

Exchange plants from your house or garden for new plants!

1 container = 1 plant (must be healthy & viable)

**Saturday, May 11
10:30-12:00**

**Mid-Sun Community Centre
50 Midpark Rise SE**



Drop off your clearly labelled plant for exchange at 10:30. The exchange begins at 11.

Mike Dorian from Living Soil will be there. Don't forget to bring containers to purchase compost tea. Worm castings will also be available for sale. Cash only please.

Last chance to rent a plot for the 2019 Season!

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SPRING IS HERE!

We hope that you enjoyed winter at the lake this year. We are now looking forward to our spring and summer season. Please check the website (www.midnaporelake.ca) for current park hours.

South gate will be open weekends starting the May long weekend and daily in July and August.

RULE REMINDER

#11 which states that Members may supply and use their

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

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

AGM

Save the date, Our AGM is scheduled to be held Thursday June 20th, 2019. Details of the meeting will be delivered to your residence and will be available on the website and Facebook page. The AGM will be held at our Lake house and is for senior members only. Please check the Facebook page or website (www.midnaporelake.ca) for up to date information.

MOVIE ON THE BEACH

Save the date – Saturday May 25th, 2019 is our 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!

CANADA DAY

Looking forward, Midnapore Lake would like you to plan on spending Canada Day at the lake. We will have entertainment, a giant Canada Day birthday cake, Carnival games, and bounce houses.

MUSIC FESTIVAL

Also, save the date, August 10, 2019 will be our third annual music festival. We are excited about this event and would love to see everyone over to enjoy a day of music and entertainment.

LOOKING FORWARD

There will be Tennis Lessons in the summer for kids and Fishing Lessons.

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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SPRING AND SUMMER ACTIVITIES AT THE LAKE

It may still be a bit cold for a swim, but there are lots of other free and fun activities to try at the lake. Try frisbee, golf, tennis, pickle ball, basketball, ping pong, soccer, in line skating, beach volleyball, horseshoes, boating, fishing, enjoy the playgrounds, book at cookshack for a barbecue, or just enjoy a stroll around the grounds.

CHEMICAL TREATMENT OF WEEDS IN THE LAKE

The weeds in the lake will be chemically treated in June. The beach and all water activities will be closed for approximately 3 days due to the treatment. Dates will be announced so please watch for notices and signage. The dates will also be posted on our website and on our Facebook page.

SOCIAL COMMITTEE

If you are interested in having a little fun organizing events at Lake Sundance, then our Social Committee needs you! If you would like to volunteer for this committee, please email your contact information to Terri at lakesundance@telus.net.

VOLUNTEERS NEEDED TO HELP WITH EVENTS

Our Social Committee works hard to bring entertaining events to our lake, but needs the help of volunteers to make them a success. Add your name to our volunteer bank, and you'll be notified when we need volunteers. Then you decide if you are interested and available.

Members volunteering a minimum of 5 hours/year will be invited to our annual *Volunteer Appreciation Night* in the spring. It's an evening of food, entertainment and door prizes!

Contact Terri to sign up to be part of our "network of community volunteers." lakesundance@telus.net

IMPORTANT DATES

- *July 1/19 - Annual fees are due
- *July 6/19 – Stampede Breakfast from 9am-noon
- *Sept 6/19 – tentative date for Movie in the Park
- *Sept 7/19 – tentative date for our Family Fall Festival

EMAIL NOTICES

Keep current on upcoming events and important lake news! If you are not receiving regular email notices from the lake, please leave your email address with us. Sign up at the office or on our website at: www.lakesundance.org/news--events.html.

Signed up, but aren't receiving messages? Try adding us to your address book so the emails aren't being rejected as "spam."

Don't forget to notify us if your email address changes!

SUGGESTION BOX

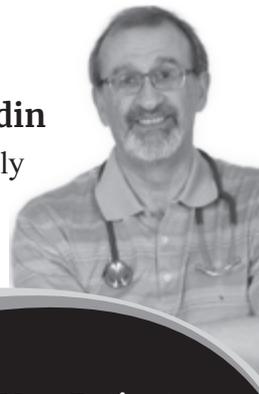
Have ideas for new events, activities, or general lake improvements? Leave your suggestions in our suggestion box in the office or contact us by email.

CONTACT US

- Website: www.lakesundance.org
- Phone: 403-256-4728
- Email: lakesundance@telus.net, lakesundanceboard@telus.net

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The Best Chapter: Precious Distractions

by Katherine Matiko

When my children were very young, I had an uneasy relationship with time. My days dragged but the baby years passed with breathtaking rapidity. I longed to capture each moment; to experience it fully despite the everyday monotony of parenting.

Now, in my retirement, I feel much the same. Time is a chinook wind; it may bring portents of positive change but I can't stop it from blowing by. I want to make retirement the best chapter of my life, but I face many everyday distractions as I try to focus on my favourite f-words: family, friends, fitness, faith, food, freelance writing, and fun.

And those precious babies are one of the biggest distractions. Except now they are in their early 20s – still precious and still living in my house.

Both of them left home to pursue degrees, but both have returned to live in the house where they grew up. We have lots of room for them and it's great having them around – they certainly liven things up – but (and

you knew there was a “but” coming, didn't you?) they tend to eat up more than just the food in the fridge.

Parental guilt is a common experience. I feel guilty when I spend an evening listening to my kids talk about their school, job and relational issues when half of my attention is on the short story I'm trying to write. I feel torn between doing something I love – perhaps a photography outing – and hanging out with the kids, because even though we live under the same roof, quality time together is rare. That brisk wind just keeps blowing while I smile and nod and feel guilty that these thoughts even cross my mind.

My husband and I often reflect on how different things were in our day. When we turned 18, we moved out of the house. It wasn't that our family life was unpleasant; everyone just agreed it was time. Statistics support that observation. In 2016, 62.6 per cent of Canadians aged 20 to 24 lived in their parents' home. In 1981, only 41 per cent of people in that age group were still at home.

Obviously, our family's arrangement is perfectly normal and even desirable. An Asian colleague of mine once said that the Canadian trend for young unmarried adults to move out and elders to live in care homes just doesn't happen in his culture. I love the concept of mutually-supportive multi-generational households, and with today's economy and job prospects being what they are, I'm sure more and more Canadians will embrace it.

I am very privileged to be able to offer my kids the financial and emotional support they need right now. They give me plenty in return: they show an interest in what I am doing and feeling, they are respectful and kind, they help out around the house and share expenses. I just have to learn to say no once in a while. Saying no to them now won't leave them hungry or sitting in wet diapers. It won't leave them emotionally damaged or afraid.

After all, family is number one on my f-word list. It's up to me to strike that elusive balance between perceived obligation and self-actualization; between self-discipline and living in the moment; between the fear of life passing me by and the pure joy of having adult children who want to hang out with me – from time to time.

Long-time Sundance resident and freelance writer Katherine Matiko is exploring ways to make retirement a time of significant change for herself and inspiration for others.



“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: Community Clean-Up, Board Game Night, Bike Exchange, Stampede Shutdown, End of Summer Blast, Oktoberfest (18+).
- 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.
- Community Programs: Mid-Sun Community Garden, Little Library, Social Club, Walking Club, Pickleball
- Community Centre Operations and Programming: Out of School Care (kindergarten to grade 6), recreation, creative, and fitness programs for youth, adults, and 50+, facility rentals
- Residential Communication: Mid-Sun Messages monthly newsletter, Website, Facebook, and Instagram
- 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 is \$20. 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
- Email: manager@midsun.org
- Website: www.midsun.org
- Facebook pages: Mid-Sun Community Association, Mid-Sun Summer Day Camps, Mid-Sun Community Garden, Mid-Sun Community Association Blockwatch
- Instagram: @midsunca

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membership for the
year after July 1st!**

MID-SUN COMMUNITY ASSOCIATION MEMBERSHIP

To receive a membership to your community association, please fill out the form below and bring it into Mid-Sun Community Centre located at 50 Midpark Rise SE, Calgary. **Memberships are valid July 1st, 2019 to June 30th, 2020.**

2019/2020 Membership renewal will begin Tuesday, July 2nd (due to the long weekend). Memberships are \$20 per household. Renew your membership to receive discounts on our programming at Mid-Sun!

MEMBERSHIP APPLICATION FORM 2018/2019

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

MID-SUN BUSINESS MEMBERS

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

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

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





75th MIDNAPORE SCOUT GROUP

Scouting in the Community

This is the first article in a series about the scouting program in Midnapore and Sundance. The 75th Midnapore Scout Group has been offering youth programs for over 60 years and we have had thousands of members over the time.

Our group offers quality co-ed activities to ages 5-17. And welcomes adult volunteers from age 18 up.

- Beaver Scouts (ages 5-7) discover the world through adventures like camping, hiking, playing games and even having campfires—all the while making great new friends along the way!
- Cub Scouts (8-10). With the motto “Do Your Best”, Cub Scouts are encouraged to try new and exciting activities, - hikes, weekend camps, water activities (like canoeing and kayaking) and STEM projects and cultural experiences.
- Scouts (11-14) Scouts is about having fun while gaining valuable leadership skills and self-confidence. They enjoy outdoor adventures like mountain biking, rock climbing and lots of camping.
- Venturer Scouts (15-17) Challenge is the Venturer Scouts motto and they set goals; create and participate in greater expeditions. They set their own program and work as a team to achieve success.

Adult volunteers are always needed – either to help run the programs or to offer a specific activity to a section (like how to dehydrate food or how to read a map or how to build a birdhouse). Time commitment can be as small or large as you want. Note that all volunteers need to have a Police Record Check completed prior to engaging with the youth.

Over the next months, we'll talk about each of these sections in further detail providing examples of the activities and experiences we offered to Midnapore and Sundance.

If you are interested in getting further information on our program, please send an email to commissioner@75thmidnapore.com and we will get back to you.

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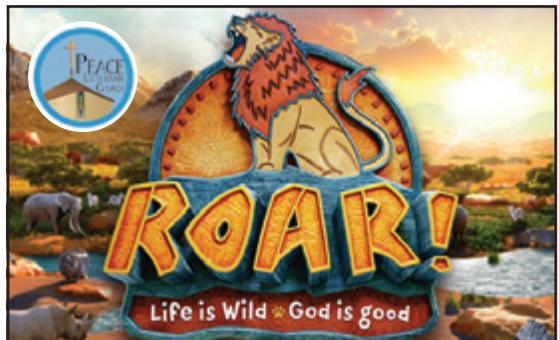
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Password: Acorn1234



Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call “The Squirrel Index.” Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.



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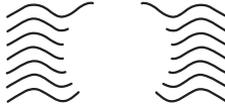
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<i>Wednesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Thursday</i>	<i>7:00 am - 7:00 pm</i>
<i>Friday</i>	<i>7:00 am - 2:00 pm</i>
<i>Saturday</i>	<i>9:00 am - 4:00 pm</i>

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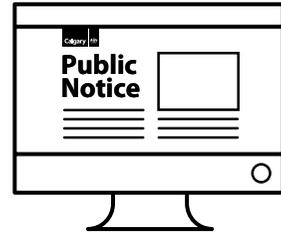
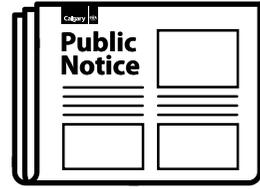
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Calgary



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit Calgary.ca/publicnotices to see detailed information on development activity in your neighbourhood.



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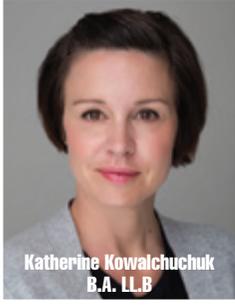
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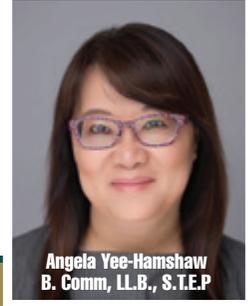


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WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly, bi-weekly or monthly cleanings. I also specialize in post construction clean ups, move in or move out cleanings as well. Please call Malou at 403-698-3958.

O'BYRNE LAWN CARE: \$120 per month for weekly lawn care. This includes weekly mowing and trimming with lawn clippings collected for compost. I also offer power raking for \$110. Book your appointment with Keith at kobyrne1@shaw.ca, or call or text 403-554-7307.

BZEEGARDEN'RZ: Tending gardens for busy people! Call: 403-629-8647 (free estimates). Specializing in clean ups, biweekly maintenance, weeding, cultivating, grooming, staking, transplanting, nurturing plants and pruning shrubs.

CPR PLUMBING: Your reliable local plumber! Fully licensed and insured for all your service plumbing needs. Great prices on hot water tanks, fixture replacement/repair, backflow testing, poly B replacement, water softeners, drain cleaning, and more. Call or text 403-680-7219.

EXTERIOR WORKS: Siding, soffit, fascia, and eaves trough. New or repair. Smaller projects, such as gates, fences, decks, general repairs. We work all-year-round. Sunshine or snow! Call Fred at 403-861-2610 for a quote.

MOUNTAIN SHADOW LANDSCAPING: Locally owned and operated. Offering landscaping and property maintenance services. Spring cleanups, aerating, power raking, overseeding and lawn care. Fence repairs, painting, and staining. Pressure washing, window cleaning. Stacked stone installations. Reasonable rates. Booking now for spring projects, cleanups, and weekly lawn services. Free estimates, call Kyle 403-991-2821.

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

GARDENING: It's spring! Let us take care of your flower bed clean-up. We remove debris, prune shrubs, weed, turn and re-edge beds, add compost/mulch. We also do scheduled garden maintenance throughout the season. For beautiful, weed-free flower beds and more time to enjoy them, call GardenWise at 403-278-6109.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

HARDWOOD FLOOR INSTALLATION: Prefinished, unfinished, laminate damage repair. Quality craftsmanship. For estimate call Les 403-399-0243.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

GOT TREES? King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at www.kingcoletreecare.ca.

CLEANING SERVICES: Highly experienced cleaning ladies looking for more houses to clean. We're offering excellent, detailed service. Add some luxury to your home, let us clean your space. Also, do move out and in cleaning. Satisfaction guaranteed! Ask me about a bonus! Text 587-225-4413 or email greatcleaningstar@gmail.com.

ARTWOOD FLOORS: Hardwood/laminate/vinyl flooring installation and dustless sanding, staining and finishing. Commercial grade and low VOC finishes. Family-owned and operated with 20 years of experience serving Calgary residents. BBB accredited. Call 403-251-9980 for a free estimate or visit www.artwoodfloors.ca.

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

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

KITCHEN CABINETS REFINISHED: Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

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HOME REPAIRS AND RENOVATIONS: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 – TH Maintenance Services. Find us on Facebook.

TWO BLOOMIN GARDENERS: We are certified horticulturists. Gardening services include spring and fall clean up; designing and planting of flower beds; container / pot design and planting; creative input and consultations; weekly or bi-weekly maintenance or as needed; pruning and fertilizing; and more. Call or text 403-710-0117.

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MATH TUTORING: Grade 9 to university calculus, IB, AP math; specializing in the dash-1 stream; 17 years' experience teaching math students. One-on-one, individual tutoring. Able to identify weaknesses and help build confidence, all while teaching to the curriculum. Building mental math and problem-solving skills top priority. Call/text Claudia at 403-819-0421.

VOICE, PIANO, GUITAR, UKULELE LESSONS: First lesson free! All levels, styles, ages. Study with a versatile, accomplished classical/jazz/pop/indie performer and learn fast! Also, songwriting, performance anxiety, breath work for health, acting, and public speaking. www.RosannaD.com Text/call 587-998-9926.

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MISCELLANEOUS

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

Contact news@great-news.ca

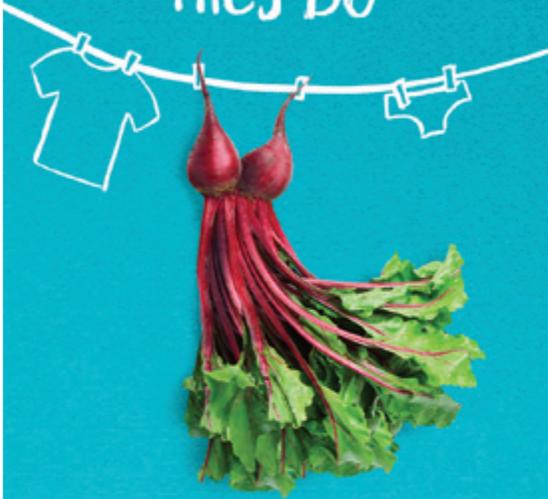
- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

SOUTH CALGARY COMMUNITY CLOTHING GIVEAWAY: Saturday, May 4, 2019 at 380 Midpark Blvd. SE in All Saints Lutheran Church.

ACOUSTIC MUSIC NEIGHBORHOOD 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.

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Deer Park United Church	403.278.8263
First Alliance Church	403.252.7572
All Saints Lutheran	403.256.0262
Lutheran Church of Our Saviour	403.253.1453
New Hope Community Church	403.256.2772
Fairview Baptist Church	403.252.1704
Spiritual Community Church of the West	403.225.4331
Red Deer Lake United Church	403.256.3181
The Church of Jesus Christ of 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
St. Patrick's Church	403.254.6878



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Vice President	Chris Bernardi chris.bernardi@shaw.ca
Treasurer	Keith Pedersen keith.pedersen@live.com
Secretary	Patsy McNish pmcnish@shaw.ca

MID-SUN DIRECTORS

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Director of Planning & Development	Chris Bernardi chris.bernardi@shaw.ca
SFC Recreation Rep	Doug Bouwmeester dougbowmeester@shaw.ca
Garden Committee	midsungarden@gmail.com
Playground Liaison	Erin Delamont erindelamont@gmail.com
Members at Large	Devin Elkin

CONTACTS

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Midnapore OOSC Program	Servicing Midnapore School 403-254-0288 midnaporeoosc@midsun.org
Past President	Angus MacDonell angusrkm@shaw.ca
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