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keithpedersen@live.com

Secretary Karen MacDonald

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keithpedersen@live.com

Fundraising Vacant

Planning and Development Vacant

Policy Patsy McNish
president@midsun.org

Community Garden Wayne Hewitt
midsungarden@gmail.com

Community Playgrounds Erin Delamont
midsunplayground@gmail.com

SFC Recreation Rep Doug Bouwmeester
dougbouwmeester@shaw.ca

Community Traffic Concerns Ian Laird
traffic@midsun.org

Community Seniors Programs Joan Trotz and Darleen Hornaday

CONTACTS

Mid-Sun OOSC Program Servicing St. Theresa of Calcutta School
403-256-4422
childcare@midsun.org

Midnapore OOSC Program Servicing Midnapore School
403-254-0288
midnaporeoosc@midsun.org

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MLA for Calgary-Fish Creek Richard Gotfried
calgary.fishcreek@assembly.ab.ca

Ward 14 Councillor Peter Demong
eaward14@calgary.ca

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stephanie.kusie@parl.gc.ca

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Red Deer Lake United Church
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Canyon Creek Christian Fellowship
Campbell-Stone United Church
Southview Church
Knexions Church
Bonavista Baptist Church
St. Patrick's Church
Trinity Mennonite Church



We are looking for people to join our volunteer base and lend a helping hand with community events such as, Stampede Shutdown, Community Clean Up, Annual Casino Fundraising, etc. If you would like to be added to this list, please visit our website and subscribe to our volunteer newsletter. You will find this under the Your Community tab – Community Events!

If you're interested in volunteering on our Association's Board of Directors, please send an email to our Board President at president@midsun.org.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

MIDNAPORE



SUNDANCE



NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

Monthly Newsletter

Monthly, we publish a newsletter to the community with links to videos, articles on projects, and events. To see past publications or to sign up, visit the news page on our website at www.lakesundance.org or use this QR code!



Save the Date for Our Stampede Breakfast!

To get into the park even faster, be sure to register your guests before you arrive with our day-of guest registration. Link is on the website.

Pancake Breakfast
STAMPEDE 2023

Members and guests are invited to join us for Pancakes and sausages, orange drink and coffee!

SATURDAY, JULY 8th · 9 AM-Noon

LIVE BAND

See you at THE LAKE!

Tennis Lessons!

We are offering tennis lessons again this year.

TENNIS WORKSHOP
HOSTED BY COMMUNITY TENNIS
communitytennisandfitness.com
Sundays July 9th & 23rd (both days included)
- OR -
Sundays Aug 6th & 20th (both days included)
\$35 per person (Lake Sundance members only)

Age Groups & Times

5-7 years old	4:30 - 5:30pm
8-11 years old	5:30 - 6:30pm
12-17 years old	6:30 - 7:30pm
adult beginners	7:30 - 9pm

Workshops have a maximum participant level of 8.
Spots must be secured by paying at the lake office in-person only. Registrations cannot be made online or over the phone. See you on the court!

REGISTRATION OPENS AT 9AM SATURDAY JUNE 3RD

Decorative Fencing and Accessibility Ramp

We are adding new decorative fencing and an accessibility ramp to the summer entrance. Work is scheduled for early June. Summer entrance is open July 1 to September 4.



Please Be Kind

No water balloons or balloon-releases at the lake.



NEWS FROM THE MIDNAPORE LAKE

RESIDENTS ASSOCIATION

Summer is Here!

Please keep your eye on our website, www.midnaporelake.ca, or our Facebook page for updated park and office hours.

Rule Reminder

#11 which states that members may supply and use their own floatation toys that include non-approved watercrafts, such as toy dinghies 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 shoreline 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 Annual General Meeting is tentatively scheduled for June 22, 2023. Details to follow.

Board of Directors - Nominations

The Midnapore Lake Resident's Association Annual General Meeting will be held in June, and we are recruiting community leaders to serve on the Board of Directors. We are looking for people who have a passion for our facility, have a vision for the future, and who enjoy actively effecting positive change in a team-based environment. We welcome interest and value contributions from persons with a diversity of life experience and have ongoing needs for those with a background in technology, construction/trades, board governance, finance and administration, safety, human resources, and/or project management. We also welcome creative dreamers who can transform an idea into a reality.

Election to the Board of Directors will take place in June during the annual member meeting. To express your interest, or for more information, do contact Deanna on behalf of the Nominating Committee at nominations@midnaporelake.ca.

We look forward to hearing from you or from anyone who you think would be a great addition to our team.

Movie on the Beach

Save the date, our Movie on the Beach event is scheduled for August 12. Details to follow.

Annual Fees

Please remember that your annual lake fees were due on January 1, 2023. If you have an outstanding balance as of January 31, you will be denied access to the park.

Midnapore Lake Bookings

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

Mid-Sun Social Seniors

Every Thursday from 1:30 to 3:30 pm at the Mid-Sun Community Centre

If you are looking for an opportunity to visit with other seniors from the community, check us out. We guarantee a warm welcome, good chats, laughter, and relevant information. One year ago, I arrived at the Seniors' Week Social not knowing what to expect. Now I look forward to weekly interactions with this interesting, friendly group of people. We want to meet you!

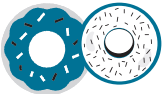
Cards, games, refreshments, and chats. No registration. Small donations accepted.

Monthly Pub/ Supper Night: We gather at local venues to enjoy fish and chips, tacos, steak night, and other specials. Relaxed atmosphere. Great conversation. Contact us for details.

Seniors' Week Social: Thursday, June 8 from 1:30 to 3:30 pm. Mid-Sun Community Centre (50 Midpark Rise SE). All seniors welcome! Come meet other seniors. This is an outdoor event. Please bring a lawn chair. Will move indoors if weather is inclement. Activities, games, refreshments, snacks, socializing. Door prizes. Fun! Fun! Fun!

Watch For: Informational speaker events highlighting seniors' services and issues. This may include presentations from homeware providers and speakers on awareness of aging and dementia.

Contact us at 403-254-8058 or seniors@midsun.org.



JUNE

JUNE 2 | NATIONAL DONUT DAY
JUNE 21 | 1ST DAY OF SUMMER
JUNE 23 | TAKE YOUR DOG TO WORK DAY



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Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!



FRIENDS *of* Fish Creek



June in Fish Creek

WestJet Gift of Flight

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two guests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, and surcharges are not included. Blackout dates and restrictions apply. Tickets are one for \$10, five for \$20, 25 for \$50, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more information, visit <https://friendsoffishcreek.org/programs/flight>.

Calgary Connect: Maintaining Ecological Connectivity

Thursday, June 8, 7:00 to 8:30 pm

Presented by Nicole Kahal, Conservation Analyst with the Miistakis Institute

What is ecological connectivity and why is it important? What are the challenges to maintaining ecological connectivity in our region? The City of Calgary, in partnership with Miistakis Institute, launched Calgary Captured in 2017, and through this program, Friends volunteers help with wildlife camera monitoring here in Fish Creek Provincial Park. This multi-year wildlife monitoring and citizen science-based program is intended to study urban wildlife populations, their movement and behaviour, and enable informed conservation and management decisions that support healthy wildlife populations in our city. Join Nicole Kahal, Conservation Analyst with the Miistakis Institute, to learn how Miistakis and partners are using wildlife camera-traps, spatial modeling, and municipal planning to understand how we can protect what's left of the natural connections in the Calgary metropolitan region. To register, visit <https://friendsoffishcreek.org/event/connect>.

Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs from May 1 to July 31, 2023. You can register at any point throughout the contest. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1.

To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

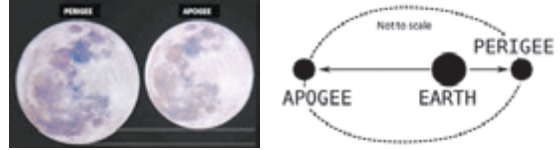
Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area here features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek ambassadors.

RESIDENT PERSPECTIVES

Stargazing with Pat J: Why Don't We Have a Supermoon Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



The Moon's orbit around Earth is oval shaped with the Earth offset slightly to one side.

Because of this, our distance from the Moon varies from about 360,000 kms when it is closest to Earth (perigee) and 400,000 kms when it is furthest away (apogee).

A full Moon takes place when the Earth is directly between the Moon and the sun.

If it occurs when the Moon is at 100% perigee (absolute closest point to Earth), this is a true Supermoon and can make the Moon appear 14% larger and 30% brighter than if it were to happen when the Moon was at apogee.

Unfortunately, a true Supermoon is a very rare event. The last one took place on January 15, 1930, and won't happen again until December 6, 2052.

In 1979, an astrologer named Richard Nolle felt 122 years was just too long to wait, so he put forward the idea that whenever a full Moon occurs at 90% perigee or greater, that too should count as a Supermoon. Why Richard chose 90% as his cut off, is unclear.

2023 will have four of these 90% Supermoons, occurring on July 3, August 1, August 31, and September 29.

Incidentally, 2023 has 13 full Moons instead of 12, something that only occurs every two to three years. That extra full Moon, which falls on August 31, is called a 'Blue Moon.'

Traditionally speaking, a 'Blue Moon' is the third full Moon of an astronomical season containing four full Moons. No, it won't be blue.

Because they will not be as close to Earth as the genuine article, the 2023 Supermoons will appear only 7 to 10% larger than a regular full Moon.

2023
**Stampede
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Mid-Sun Community Centre

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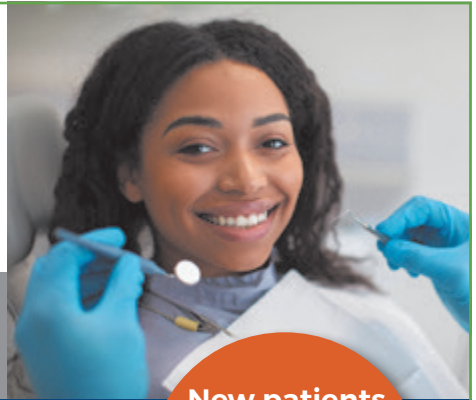
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Sundance

Detached Home Stats - Last 45 Days



20

New Properties



14

Sold Properties



16

Average Days on Market



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Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



12

New Properties



6

Sold Properties



33

Average Days on Market



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