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Mid-Sun



THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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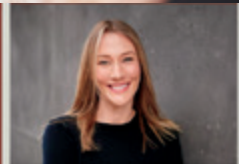
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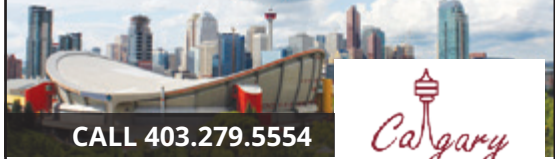


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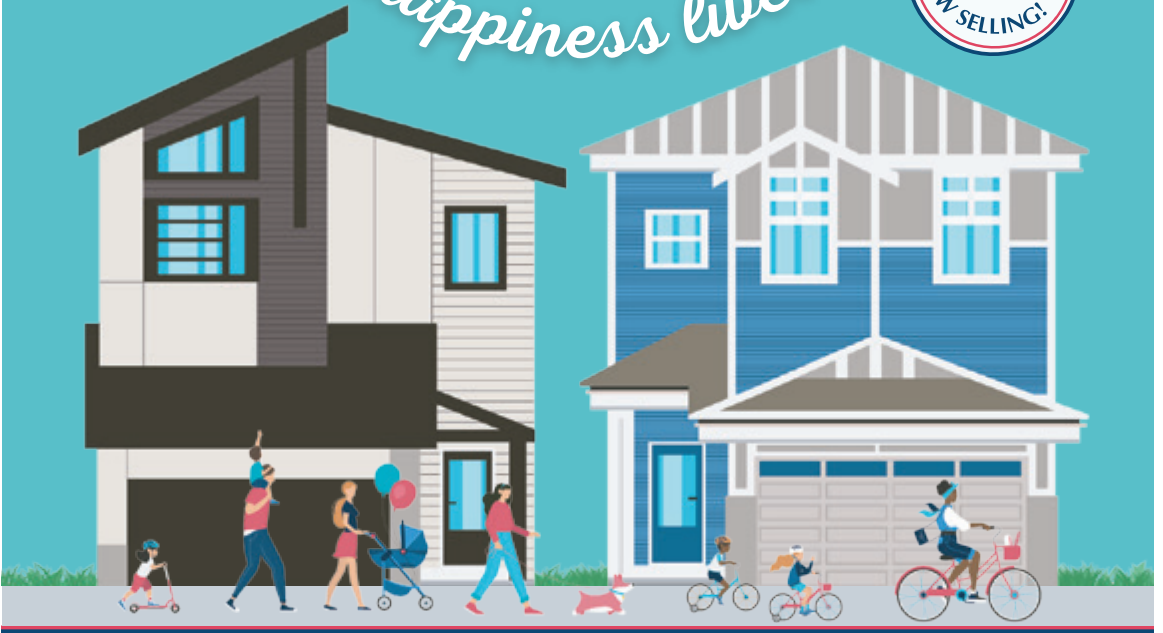
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president@midsun.org

Vice President Vacant

Treasurer Keith Pedersen
keithpedersen@live.com

Secretary Karen MacDonald

MID-SUN DIRECTORS

Director of Operations Keith Pedersen
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

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403-256-4422
childcare@midsun.org

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

Past President Mark Schmidt

MLA for Calgary-Fish Creek Myles McDougall
calgary.fishcreek@assembly.ab.ca

Ward 14 Councillor Peter Demong
eaward14@calgary.ca

MP for Calgary-Midnapore Stephanie Kusie
stephanie.kusie@parl.gc.ca

CHURCHES

Sunwest Christian Fellowship
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St. Paul's Anglican Church
Deer Park United Church
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All Saints Lutheran
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The Church of Jesus Christ of Latter Day Saints
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



Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

Prep Time: 12 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsp honey
- 1 tbsp Dijon Mustard
- ½ cup extra virgin olive oil

Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsp of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Park Hours

Please check our website for up-to-date park hours. As we move into fall, the park will close earlier in the evening, matching sunset. Park hours will be extended once we open for the winter season.

Halloween

Happy Halloween to everyone!

Midnapore Lake will be holding our fourth annual Pumpkin Hunt on Saturday, October 28. For information, please check our Facebook page as well as our website. This event will require participants to pre-register.

Looking Forward

- **October 28, 2023 - Annual Pumpkin Hunt** (Pre-registration required)
- **December 2023 - Skate with Santa** (Date TBD)
- **January/February 2024 - Skating 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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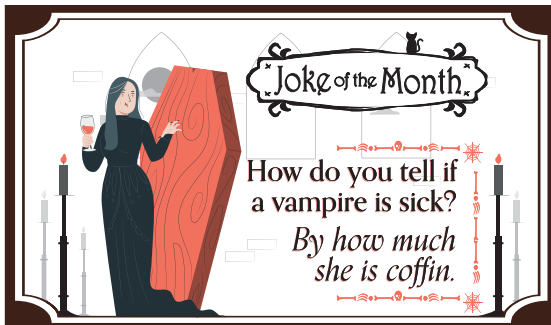
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Joke of the Month

How do you tell if a vampire is sick?
By how much she is coffin.



Mid-Sun Community Centre

www.midsun.org

- Community news and events
- Memberships and member benefits
- Details & prices registered and drop-in activities
- Social events and workshops
- Out of school care and facility rentals
- Community engagement opportunities
- Sign up for electronic newsletters

50 Midpark Rise SE 403-254-8058



OCT BER

OCTOBER 5 | WORLD TEACHERS' DAY
OCTOBER 14 | NATIONAL DESSERT DAY
OCTOBER 31 | HALLOWEEN



MID-SUN 2023 HOUSING MARKET REVIEW

**January 1 - August 31, 2023*

MIDNAPORE

DETACHED

High | \$1,480,000
Low | \$469,990
Avg. | \$647,171
#Sold | 35
Avg. days on mkt. | 22

ATTACHED

High | \$999,000
Low | \$376,500
Avg. | \$570,450
#Sold | 20
Avg. days on mkt. | 15

CONDO

High | \$335,000
Low | \$187,000
Avg. | \$239,059
#Sold | 32
Avg. days on mkt. | 23

SUNDANCE

DETACHED

High | \$2,500,000
Low | \$470,000
Avg. | \$715,385
#Sold | 80
Avg. days on mkt. | 18

ATTACHED

High | \$525,900
Low | \$390,000
Avg. | \$449,817
#Sold | 6
Avg. days on mkt. | 13

Stats current as of August 31, 2023 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer at 403.836.3018 or info@teampalmer.ca.



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Mid-Sun Seniors' Social Club

Welcome to autumn and the opportunity to enjoy the season's abundance of colour, tastes, activities, and fragrances. It is also time to consider spending your Thursday afternoon from 1:30 to 3:30 pm participating in lively, easy to learn, and stimulating games of cards, dice, or board games. We play old favourites like hearts, rummy, canasta, dice, and crib. Recently, we have added new games: The Joker's Wild, Aggravation, and Five Crowns. Never heard of them? Then it is time to come and play. We have also purchased some helpful cardholders, card shufflers, large-print cards, and small-group tables to make playing more comfortable.

Upcoming Events

In addition to weekly gatherings, this month's activities will include:

Monday, October 16: Bingo (6:30 to 8:30 pm) in the MSCC Multi-Purpose Room.

Join our enthusiastic group for an evening of fun and a chance to win. Please register by emailing bookings@midsun.org or by calling 403-254-8058. Registration is free. The limit is 40 people. Bingo cards will be sold at the door. Cash only.

Tuesday, October 24: Pub Nite at Original Joe's (15 SunPark Plaza) at 4:30 pm for happy hour or 5 pm for dinner. The night will go until approximately 7:00 pm. Half price wings. All seniors are invited. Each participant is responsible for their own cheque.

Wednesday, October 25: Seniors' Support Connection presents "Simply Me," an interactive worship from 1:30 to 4:30 pm at Mid-Sun Community Centre. This workshop will focus on information on dementia and living with dementia. Register by emailing bookings@midsun.org or by calling 403-254-8058. There is no charge but limited capacity.

December 8 - Planning: Save the date and plan to attend our Christmas turkey dinner social at the Mid-Sun Community Centre.

Questions? Please contact seniors@midsun.org for more information.



RESIDENT PERSPECTIVES

Stargazing with Pat J

The Tunguska Event

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



At 7:17 am on June 30, 1908, an object travelling at 54,000 kilometres per hour entered the Earth's atmosphere over a sparsely populated region of eastern Siberia.

Locals reported seeing a bluish light, nearly as bright as the Sun, moving across the sky. As the object's tremendous speed compressed and heated the air in front of it; a shock wave was generated that caused the object to explode at a height of five to ten kilometres above the ground. The blast was so powerful; it scorched and flattened an estimated 80 million trees in an area covering 2,150 square kilometres of forest bordering the Tunguska River. In addition to the trees, thousands of animals perished, but due to the remoteness of the site, only three people are thought to have died.

Tunguska is the largest impact event in recorded history and debate still rages as to the exact nature of the object. Initially, it was thought to be a comet. Current scientific theory leans more toward an asteroid 50 to 80 metres in diameter, but no crater or asteroid fragments have ever been found. Whatever it was, the energy released was calculated at 1,000 times more powerful than the atomic bomb dropped on Hiroshima, Japan.

Due to the rotation of the Earth, had the object struck five hours later, it would have destroyed the Russian capital of St. Petersburg, killing over a million people including the Tsarist royal family, heads of government, and its military command. It would have altered world history.

On February 15, 2013, an asteroid 18 to 20 metres in size plunged through the atmosphere above the southern Ural region of Russia. The object exploded at a height of 29.7 kilometres with a release of energy equivalent to 26 to 33 times that of Hiroshima. Because the object detonated at a much higher altitude, no one was killed, but 7,200 buildings were damaged and nearly 1,500 people received injuries from broken glass.





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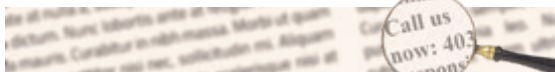
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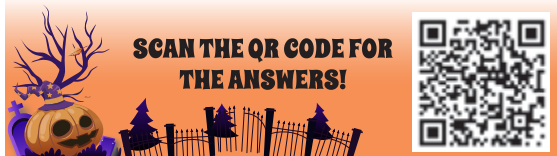
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GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.





OPEN HOUSE



OCTOBER 14, 2023
10 am – 2 pm



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I want to take this opportunity to thank the constituents of Calgary Fish Creek who attended my Meet Your MLA Family BBQ on Saturday, September 16, at the Bonavista Downs community centre. It was great to meet so many new faces and to reconnect with others. I am looking forward to our next event coming later this fall. Please keep an eye on our social media for details.

Albertans deserve to be able to access health care services when and where they need it. So, it only makes sense that improving health care is one of the biggest priorities for the government. The Health Care Action Plan will look to recruit thousands of new doctors, nurses and health care aides, reduce wait times, and upgrade hospitals and urgent care centres.

It isn't a fix that can happen overnight, but I believe the government is taking concrete steps to address the issues. The Health Care Action Plan includes improving lab testing and reducing wait times for lab services, working with post-secondary institutions to increase seats in health-related fields, and ensuring Alberta's hospital facilities are upgraded to meet the needs of the communities they serve.

When Albertans access the emergency department it is often during a difficult and stressful time in their lives. Knowing they have access to the care they need in a modern, high-quality facility is invaluable. That's why in Calgary, starting Aug. 29, Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre.

When the hospital originally opened in 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year the Peter Lougheed Centre emergency department saw nearly 73,000 patients. When fully finished in 2025, the new emergency department will provide 25 additional care spaces. This redevelopment will ultimately double its size helping to decrease emergency room wait times.

Alberta has the best frontline health care workers in the world, and it's important to me that the government is committed to continually modernizing our health care facilities to make sure doctors, nurses and health care aides can do their jobs and ensure health care facilities continue to meet the needs of Albertans and their families.

Please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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