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Mid-Sun



THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER



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Happy New Year!

Our AGM was held in November 2023, and we were delighted with the turnout. Thank you to everyone who came to support our community association. At the AGM, we said a big, huge thank you to Ian Laird, Erin Delamont, and Rose-Marie McKinnon who have left the board. We greatly appreciate their many contributions to the community. We also welcomed new board member Jack Loktiev who has taken over as Treasurer from Keith Pederson. We have our returning board members: myself, Wayne Hewitt, Karen Macdonald, Keith Pedersen, Doug Bouwmeester, Travis Black, Joan Trotz, and Darleen Hornaday. Many thanks to our board members for their continuing work on behalf of the community.

Also at the AGM, we were privileged to recognize Joan Trotz and Darleen Hornaday for their work on our Seniors Program. The Seniors Program started as an idea in 2019, and in spite of the pandemic has become a major success and has provided a much-needed service to our community.

We are still missing someone on the board who is interested in taking over as president next year. If you think this might interest you, please contact me at president@midsun.org.

The big project this year is going to be our roof replacement. As you know that roof has been leaking for a while now, and it has definitely reached end of life. More information on that project will be available on the website or in future newsletters.

The last thing I want to mention is the Casino being held January 24 and 25. We need volunteers for the casino. Money from the casino is what helps us keep the building running and makes it possible for us to have a new roof. It also frees up other money for us to use for playgrounds, events, and other projects in the community. Please support our association by volunteering - email me at president@midsun.org.

Have a splendid 2024, I hope to see you at the casino, at one of our events or at one of our many programs.

Patsy



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Mid-Sun Community Association

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MID-SUN OFFICERS

President Patsy McNish
president@midsun.org

Vice President Wayne Hewitt

Treasurer Jack Loktiev

Secretary Karen MacDonald

MID-SUN DIRECTORS

Director at Large Keith Pedersen

Fundraising Karen MacDonald

Planning and Development Travis Black

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
seniors@midsun.org

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

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

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Red Deer Lake United Church
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.



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When is Registration Day for Programs? X

Mid-Sun Community Centre Winter 2024
(January - April) Program Registration
Opened

Monday, December 18th.

Online: 7:00 am

In Person/Over the Phone: 9:00 am

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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JANUARY 23 & 24**

**EMAIL KAREN FOR DETAILS
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Happy New Year



JANUARY 2024



MID-SUN 2023 HOUSING MARKET REVIEW

*January 1 - December 13, 2023

	<u>DETACHED</u>	<u>ATTACHED</u>	<u>CONDO</u>
MIDNAPORE	High \$1,480,000	High \$990,000	High \$580,000
	Low \$469,990	Low \$376,500	Low \$187,000
	Avg. \$651,280	Avg. \$541,407	Avg. \$252,884
	#Sold 49	#Sold 27	#Sold 37
	Avg. days on mkt. 20	Avg. days on mkt. 16	Avg. days on mkt. 23
SUNDANCE	<u>DETACHED</u>	<u>ATTACHED</u>	
	High \$2,500,000	High \$525,900	
	Low \$450,000	Low \$390,000	
	Avg. \$698,772	Avg. \$436,933	
	#Sold 102	#Sold 9	
	Avg. days on mkt. 19	Avg. days on mkt. 14	

Stats current as of December 13, 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 Community Centre Social Seniors

Happy New Year to everyone! I hope that your family ended 2023 with good health and positivity while enjoying time spent with family and friends. If your resolution was to go out and meet new people, we can help you do that!

Mid-Sun Social Seniors are anticipating a great year! We were pleased to have so many new seniors join our group last year and look forward to welcoming others. Our primary social interaction occurs on Thursday afternoons when we gather to play familiar card games, board games, and to visit. Frequently, new games are introduced so we are all learning together. There is no pressure as we supportively teach those who do not know the game. We provide coffee, tea, water, and varied snacks. Often, a member will bring some baking or other treats to share. We welcome small donations to assist in replenishing supplies. All seniors are welcome!

Our Thursday socials will begin again on January 11, taking place weekly from 1:30 to 3:30 pm in the Multi-Purpose Room at Mid-Sun Community Centre (50 Midpark Rise, SE.).

In addition to cards, we meet once a month for Pub Nite. In January, we will meet on Tuesday, January 30, 5:00 to approximately 7:00 pm at Dixon's Public House (15425 Bannister Road, SE). The special will be the AAA Steak Sandwich for \$12.99 (tentatively). Steak not your preference? You are always welcome to order from the menu. Participants are responsible for their own meal cost. If you wish to join us, please respond to seniors@midsun.org so that we are able to advise the pub of how many guests to prepare for. We always have a good time.

If you are free on either January 23 or 24, volunteers are still needed to work at the Deerfoot Inn & Casino to help raise funds for Mid-Sun Community Association. This annual fundraiser is very important to the Community Centre, as it provides help funding daily operational costs and necessary renovations. For 2024, the main concern the Community Centre is facing is replacing its roof. If you are able to help, please call 403-254-8058 or email Karen (Casino Volunteer Liaison) nerak9111@gmail.com.

You can contact seniors@midsun.org or call 403-254-8058 for information about upcoming events or questions.



The graphic features a blue border. At the top, a yellow banner contains the text "Mid-Sun Community Centre". Below this is an illustration of a computer monitor displaying a website with a play button icon and a red megaphone icon. Two yellow curved arrows point from the monitor to a blue banner below it containing the website address "www.midsun.org". To the right of the website address is a small logo for the Mid-Sun Community Association, which is a yellow star with the text "Mid-Sun Community Association" inside.

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**



The advertisement features a background image of several folded white and blue shirts hanging on a rack. The text is overlaid on the image in a clean, sans-serif font.

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Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

Prep Time: 20 minutes

Cook Time: 60 minutes

Servings: 6 to 8



Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes

- 1 cup of uncooked white or brown rice, rinsed
- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!



NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Winter has Arrived

Happy New Year Midnapore!

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

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

2024 Invoicing

Please be advised that invoices for 2024 fees were mailed or emailed to you before December 1, 2023. These invoices were due and payable before January 1. Office hours will be extended in January to accept payments (please check the website, www.midnaporelake.ca, for details).

2024 Invoices, where possible, were distributed by email. Moving to e-invoicing for the Midnapore Lake Residents Association has the benefit of being both greener and significantly more affordable. This is the final year for paper invoicing. When you make your payment this year, please update your email address with the office so we have an accurate email for 2025.

Any accounts with outstanding balances as of January 31, 2024, 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.

President's Message

It's good to be out enjoying the winter sports at the lake. The winter season was one of the slowest starts on record because the lake did not freeze over prior to December. We need several days of cold weather to chill the upper rink slab before we can start preparing that surface for our leisure skaters. Needless to say, it was an unusual start – but we are anticipating a wonderful season to take in the winter activities.

Partnered with warm weather leading into winter... we have come off a summer of drought. The lake board has been diligently investigating options for managing water levels in the coming season. Did you know that we have an on-site well that pumps water into the lake from early April to mid-October? This is to supplement the water that is lost to evaporation. When we have an underwhelming rainy season coupled with a hot and windy summer it significantly impacts our water volume. Through the winter we are studying the recuperation of our current well and we are assessing the health of our aquifer.

Our lake is a very special part of our community. There is something for everyone. If you aren't planning to skate or toboggan this winter – I encourage you to just come out with a cup of hot chocolate and sit by the fire.

See you at the lake,

Jen Hawkins

president@midnaporelake.ca



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Stargazing with Pat J: Hubble vs The James Webb Space Telescope

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.



The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visual light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).



How HST and JWST Compare

Location: HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.

Size: HST: School bus. JWST: Tennis court.

Light observed: HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

Mirror surface: HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

Maintenance: HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

Mission Lifetime: HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.



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✉️ Calgary.FishCreek@assembly.ab.ca

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Friends,
Happy New Year!

2024 is starting off with some exciting news for clean energy. The recently announced Dow's \$9 billion Path2Zero project in Fort Saskatchewan marks Alberta's largest private sector investment in 15 years. This initiative, a global first, establishes a net zero Scope 1 and 2 greenhouse gas emissions integrated ethylene cracker and derivatives site. The project enhances Alberta's ethylene and polyethylene capacity, boosting export potential and reinforcing the province's leadership in emissions reduction and clean technology. It will also create around 6,000 jobs during peak construction, and around 400 to 500 permanent jobs – meaning more families can count on good jobs.

Alberta has surpassed its methane emissions reduction target ahead of schedule, achieving a 45% reduction from 2014 to 2022 through collaborative industry efforts, early action programs, regulatory requirements, and improved leak detection. The government's commitment to success is evident through initiatives like the Alberta Petrochemicals Incentive Program and the Technology Innovation and Emissions Reduction Regulation.

Finally, I have heard a lot of concerns regarding how the government is capturing feedback for the potential of an Alberta Pension Plan (APP). A workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website at www.albertapensionplan.ca/engagement.

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.



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Detached Home Stats - Last 45 Days



14

New Properties



9

Sold Properties



24

Average Days on Market



\$614,000

Median Sold Price

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Detached Home Stats - Last 45 Days



7

New Properties



5

Sold Properties



13

Average Days on Market



\$640,210

Median Sold Price



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