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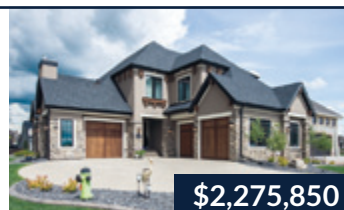
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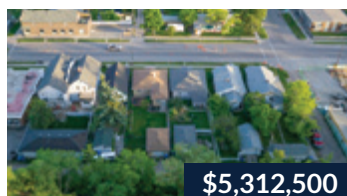
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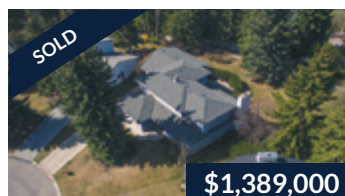


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## MARDA LOOP COMMUNITIES ASSOCIATION: EVENTS & NEWS

Check out our website for lots of information!  
[www.mardaloop.com](http://www.mardaloop.com)

### MLCA Board Meeting

Board meetings are held the first Monday of every month (except in July and August). If you would like to address the Board, or simply attend one of these meetings, please contact: [president@mardaloop.com](mailto:president@mardaloop.com).

Upcoming date: September 5, no meeting in July and August

Starts: 7:00 pm

Location: MLCA Hall, 3130 - 16 Street SW

### Seniors Gathering

The Seniors Group usually meets on the first Monday of every month. However, we are now on a summer break and will regroup on September 12. Join us to hear guest speakers, participate in light fitness activities and games, and meet some of your neighbours. Coffee and light snacks are served. MLCA membership (\$10 annual) is required to attend this program. For more information call 403-244-5411 x22. Members may e-mail [seniors@mardaloop.com](mailto:seniors@mardaloop.com) with questions or suggestions.

Starts: 9:00 am with Fitness

Location: MLCA Hall, 3130 - 16 Street SW

### Wine Night – Save the Date

Wine night will break for the summer and return September 21

Check for updates at [www.mardaloop.com/events](http://www.mardaloop.com/events).

### MLCA Farmers' Market 2016 Season!

The MLCA is happy to announce the return of our summer Farmers' Market at the MLCA Hall beginning Saturday, June 25th from 9am - 1pm. The market will run each Saturday until the Thanksgiving weekend.

Join the Committee!

The Farmers' Market is looking for committee members to take on the following tasks:

- Entertainment & Busker Organizer: Are you interested in organizing our weekly entertainment schedule? Love to throw a good party? This position is for you! Help bring a touch of energy to the market!
- Kids Zone and Activity Planner: Love to organize crafts, games, and activities for kids? We're looking for someone to help make our market fun for the whole family.
- Muscle! We always need help setting up and taking down each Saturday. This usually takes 20-30 minutes and requires a small amount of lifting.
- Smiling Faces: looking to get involved with the MLCA and want to learn more? Come hang out at the MLCA "Welcome" table at the market and tell the community about what makes us tick! You learn more by telling others, so come learn about your MLCA!
- Vendors: We are a food-focused market and are always on the lookout for new, exciting vendors so please spread the word.

We would like to thank Optimum and Surrideo for their sponsorship of our Farmer's Market!

All inquiries and questions can be sent to: [farmersmarket@mardaloop.com](mailto:farmersmarket@mardaloop.com).

## IN & AROUND CALGARY

### Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

#### Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
  - Wood that is painted, treated or contains glue or resin
  - Wet or green/fresh cut wood
  - Yard waste (cut grass or leaves)
  - Garbage
  - Rubber or plastic
  - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000.

For more information, go to [Calgary.ca/fire](http://Calgary.ca/fire).



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# MARDA LOOP COMMUNITIES ASSOCIATION

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## EXECUTIVE

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## VOLUNTEERS

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Seniors Group Coordinator	Heather Bhatti	<a href="mailto:seniors@mardaloop.com">seniors@mardaloop.com</a>
Source Newsletter Editor	Stephanie McCarthy	<a href="mailto:source@mardaloop.com">source@mardaloop.com</a>
Wine Night Coordinator	Jane Maduke	<a href="mailto:wine@mardaloop.com">wine@mardaloop.com</a>

## STAFF

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Services Manager	Barb Bexson	<a href="mailto:services@mardaloop.com">services@mardaloop.com</a>
Accountant	Karen Murphy	<a href="mailto:accounting@mardaloop.com">accounting@mardaloop.com</a>
Hall Rentals Manager	Samantha Johnston	<a href="mailto:hallrentals@mardaloop.com">hallrentals@mardaloop.com</a>



## MLCA Membership

Kids splashing in the outdoor pool on a hot day. A game of shinny on the local rink. A social gathering for seniors. These are just some of the great scenes brought to life by the Marda Loop Communities Association. Show your support for the great programming we all enjoy by purchasing or renewing your community association membership today. It's an easy and affordable way to show your commitment to the neighbourhood.

- support the great programming we all enjoy
- have a voice in the affairs and direction of the MLCA
- receive advance notice of special events and programming
- access to member only events and programs



## Buy or Renew Your Membership Today!

Get your membership online at [mardaloop.com](http://mardaloop.com) or send the form below to the MLCA hall.

### MLCA Membership Form

First Name: _____	<input type="checkbox"/> \$15 Individual
Last Name: _____	<input type="checkbox"/> \$25 Family
Street Address: _____	<input type="checkbox"/> \$10 Senior
Postal Code: _____	<input type="checkbox"/> I'd like to volunteer
Telephone: _____	
Email: _____	

*Please make cheque payable to "Marda Loop Communities Association".  
Mail to or drop off at 3130 - 16 Street SW, Calgary, Alberta T2T 4G7*

[www.mardaloop.com/membership](http://www.mardaloop.com/membership)



## Water Polo – Ages 8 - 12

Enjoy long summer days in the water by playing water polo! Strengthen your swimming skills, make friends, and enjoy a team sport.

This beginner program is designed for boys & girls ages 8-12 (born 2008-2004). It is offered at the South Calgary Outdoor Pool. Must be comfortable in deep water as water polo is played in deep water. The program delivered by nationally certified coaches from Calgary Mako Water Polo Club.

When: 6:00pm-8:00pm weekdays August 8-August 11  
Cost: \$120 for non-Water Polo Canada Members, \$90 for WPC members.

Visit [mardaloop.com](http://mardaloop.com) to register.

## South Calgary Outdoor Pool

Daily Schedule

Weekday Swim Lessons are from 9:00am-12:15pm

Public swim begins: 1:00pm

Pool closes at 8:00pm

E-mail Emily at [poolmanager@mardaloop.com](mailto:poolmanager@mardaloop.com) for more details on the pool.

Swim lessons registration still on. Swimming instruction programs offered for children ages 3 to 14 years, adults, and seniors. Programs started in June and run through until August.

## Playgroup Returns in the Fall!

Registration for our Fall Playgroup is now open.

Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighborhood. For infants and children up to 4 years. Four groups to choose from: Monday, Tuesday, Wednesday, or Thursday. MLCA membership is required to register in this program.

### Playgroup Mondays

0-4 year olds

9:30am – 11:00am

Every Monday from September 12 to January 23, 2017

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

### Playgroup Tuesdays

0-4 year olds

9:30am – 11:00am

Every Tuesday from September 13<sup>th</sup> to January 24<sup>th</sup>, 2017

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

### Playgroup Wednesday

0-4 year olds

9:30am – 11:00am

Every Wednesday from September 14<sup>th</sup> to January 25<sup>th</sup>, 2017

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

### Playgroup Thursday

0-4 year olds

9:30am – 11:00am

Every Thursday from September 15 to January 25, 2017

Cost: \$125.00/family

Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

## Yoga Returns in the Fall!

Please stay tuned for more information. Sophie will continue to teach our Friday morning class and Crystal will continue to teach our Wednesday Evening class.

## Senior's Fit

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Senior's fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance training with plenty of friendly fun. MLCA membership is required to register in this program.

Ages 60+

Wednesdays, 11:15 am – 12:15 pm

September 7<sup>th</sup> to November 2<sup>nd</sup>

9 classes

Cost: \$45 (GST Not included)

## Babysitters Registry

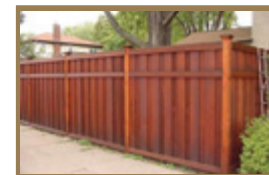
This service is available to all Marda Loop Communities Association (MLCA) members with current active memberships. Both the babysitters and the interested families must have valid memberships. Individuals aged 11-17 will require a parent/guardian's signature on the waiver form (available by emailing [programs@mardaloop.com](mailto:programs@mardaloop.com)) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The Marda Loop Communities Association and its Board of Directors will not be pre-screening / sanctioning / verifying any credentials for those using this service. The employer takes on full responsibility of interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed. Please email [programs@mardaloop.com](mailto:programs@mardaloop.com) if you have any questions and to receive the registry.



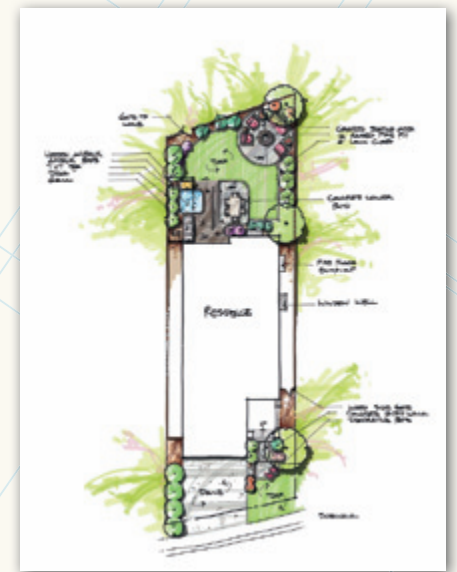
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## IN & AROUND CALGARY



### Chip in "Fore" Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit [calgarycommunities.com](http://calgarycommunities.com) for more information or to register today!

### Call for Community Volunteer Award Nominations

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

#### Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

#### Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

#### Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

#### Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

Visit [calgarycommunities.com/community-volunteer-awards](http://calgarycommunities.com/community-volunteer-awards) for more information or to nominate someone today!

## IN & AROUND CALGARY

### Flood Resiliency

The City is committed to making Calgary a safe, flood resilient community. The 2013 flood caused significant social and economic disruption and unprecedented damages. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones.

#### We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

#### We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

#### We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo).

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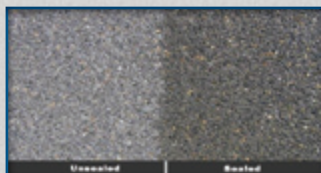
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## MLCA VOLUNTEERS COLUMN

There is no "I" in Team, but we sure are glad there is "U"  
in our Volunteers...

- Author Unknown

This month our **Super Volunteers** are our Stampede Breakfast Committee – Amy, Catherine, Corrine, Des, Felicity, Jennifer, Julie and Kath. These eight dedicated and hard-working people planned, contacted, asked, emailed, bought, totes, set up, cooked and packed away everything necessary for another wonderful Stampede Breakfast. Thanks for another very successful event!

### THANKS:

Our **June Wine Night** was another success with some great wines and cheeses tasted. Thank you to our volunteers from that night – Jane, Ian, Kath, Felicity and a special thanks to Lucy for her perfect attendance helping at every wine night this season. See you all in September!

I have thanked our Stampede Committee for a job well done but they were supported by a wonderful group of friends and neighbours the morning of. I would like to thank the following people for all they did to help feed everyone that morning:

Amanda, Anabelle, Anna, Anne K, Anne D, Barb, Ben, Brenda, Caileigh, Cam, Carol Christine, Connie, Dan, Doug B, Doug F, Elaine, Fraser, Gene, George, Gillian, Harmon, Heather, Helen G, Helen H, Hugh, Ian, Lone, James, Jane, Jeff, Kim, Leslie C, Leslie F, Linda, Liz, Lucy, Madison, Maia, Patricia, Peter, Rick, Robert, Sandra, Sarah, Shelley, Sofia, Soula, Stuart, Tom, Tony, Trudy, Wally, Yvonne, Zina and the wonderful crowd from Counterpoint Dance Studio. Hope to see you all again next year.

### OPPORTUNITIES:

**Marda Gras** – Do you have a couple of hours to give to your community? We are looking for some eager people to look after our MLCA booth at this year's Marda Gras, **Sunday, August 14**. This is a two hour commitment. Let me know if you are interested in getting involved in this way.

That's the Volunteer News for this month. Want to get involved in your neighbourhood? Email me at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com).

Catherine Fraser, Volunteer Director

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**Saturday Mornings**

**9 AM - 1 PM**

**MLCA Hall, 3130 - 16 Street SW**

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For information on becoming a vendor, volunteering or getting involved, please email [farmersmarket@mardaloop.com](mailto:farmersmarket@mardaloop.com).



Marda Loop Communities Association  
Farmers' Market

[WWW.MARDALoop.COM](http://WWW.MARDALoop.COM)



## Art in your neighbourhood cSPACE Public Art Announcement

We are excited to announce the shortlisted artists for three public art sites at cSPACE King Edward!

Our public art call drew in submissions from a wide breadth of Alberta artists, from young and funky to internationally renowned. Unlike traditional public art calls, we opened it to all artistic levels from emerging to established and provided opportunities across multiple sites. From sublime to intriguing, the selected proposals approached the historic space and our aspirations as an arts hub in thought-provoking and unexpected ways. The jury was comprised of local members of your Marda Loop community, as well as artists and technical advisors.

Eight artist/collectives (from a total of 28 submissions received) have been selected to move forward on one or more sites to the conceptual design phase. This second stage of the process will see artists present their ideas, images and models for each of the three public art sites, to be released to the public in the fall of 2016.

### Grand Historic Entranceway

The Grand Historic Entranceway is the first taste of the building, a place where the building history and contemporary purpose merge to welcome visitors to cSPACE. The artists and teams selected for this site are:

**Jeff De Boer & Joe Kelly** - Jeff de Boer is best known for his metal armor for cats and mice. Joe Kelly has made a number of films that have been screened and awarded internationally and has also created film and video-based installations that have been shown in art galleries around Canada. <http://jeffdeboer.com/>

**Caitlind r.c. Brown, Wayne Garrett, Lane Shordee** are Calgary artists whose art has had a local presence and growing international impact through projects like CLOUD (Brown & Garrett, Nuit Blanche 2013), and previously at King Edward School with the temporary art project Phantom Wing. [incandescentcloud.com](http://incandescentcloud.com/) / [laneshordee.com](http://laneshordee.com)

**Alexandra Haeseker** works largely in print media, and her representational work ranges from stylized illustration to accurate and accomplished photorealism (credit, ArtSask) in addition to local public art projects such as WEST RIDE STORY at the Calgary International Airport. Haeseker is an alumni of King Edward School.

**The Laboratory for Integrative Design**, collaborators Jason S. Johnson, Matthew Parker & Guy Gardener were awarded the 2013 Mayor's Urban Design Award for their community engaged, sculptural seating in Victoria Park. [integrativedesign.org](http://integrativedesign.org)

### Contemporary Main Entrance

Located in a four story entrance and staircase volume of contemporary glass and steel, the former 'Girls' entrance will be transformed into a daily entrance for the tenant community and studio theatre patrons.

**Derek Besant** - Calgarians will recognize Besant's extensive public works including HOMAGE at Mount Royal University (iconic six-meter tall balancing-chairs), and the temporary installation of I AM THE RIVER depicting 50 Calgarians submerged into the waters of the Bow. [derekbesant.com](http://derekbesant.com)

**daniel j kirk / Katie Green** of Blank Page Studio have numerous public artworks displayed around Calgary, including THE FIELD MANUAL (collaborative mural and installation part of the Riverwalk Public Art Program). [danieljkirk.ca](http://danieljkirk.ca/) / [katiegreenartist.com](http://katiegreenartist.com)

**Brenda Malkinson** is an Edmonton-based artist who makes prints and contemporary glassworks that have been exhibited worldwide. [brendamalkinson.com](http://brendamalkinson.com)

### Art Park Site

Located on the south edge of the new civic park, this

outdoor public art site opportunity creates an entryway and sense of arrival to the public grounds of this prominent historical landmark. The artists and teams selected for this site are:

**DDM Connective** is a new collaboration between artists Melissa McKinnon (contemporary Canadian Landscape painter), Dave MacLeod (designer and fabricator) and Dawn VandeSchoot (performing artist and project manager).

**Caitlind r.c. Brown, Wayne Garrett, Lane Shordee**  
\*See above description

**The Laboratory for Integrative Design** \*See above description

Artist concepts will be released to the public for viewing in the fall of 2016, and the final artist selection will be released in late 2016. This project is supported by The Alberta Foundation for the Arts and The City of Calgary's Public Art Policy that recognizes public art as a vital ingredient in Calgary's on-going development as a great, creative city.

## Marda Gras August 14

Our famous New Orleans-themed Marda Gras Street Festival returns on August 14 from 10:00 am to 5:00 pm. Thousands of Calgarians and visitors will enjoy free entertainment for kids of all ages! This popular, public event includes:

- Delicious food from local vendors, food trucks and food vendors from across the city
- A pet pageant with great prizes
- Nearly 200 vendors on the streets of Marda Loop
- A kid's quarter with games and activities
- A show and shine on 34th Avenue
- Stage Entertainment & Street Performers

Please be reminded that street closures will be in effect on 33rd and 34th Avenues from 18th to 22nd Streets on the day of the festival, and that Calgary Transit Route #7 will be redirected around the festival. Cars left on festival streets and in some parking lots may be subject to towing. We encourage you to bike, walk or carpool.

We look forward to seeing you there! For more information, please visit [www.MardaGras.ca](http://www.MardaGras.ca)!

## A big THANK YOU to all those who supported the 2016 MLCA Stampede Breakfast and to our major sponsors:

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### Growing the Middle Class in Canada

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more so secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada's middle class the help it needs to grow and prosper.



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain



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As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes like previous child tax benefits. Families will not need to apply – it will be automatically recalculated based on their previous year's tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To keep OAS and GIS at pace with the rising costs faced by seniors each year, we introduced a Seniors Price index.

Additionally, we increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!

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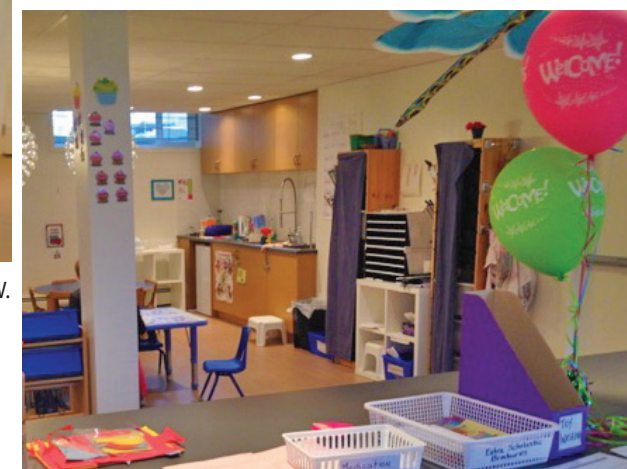
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Some 3 year old afternoon spaces are still available



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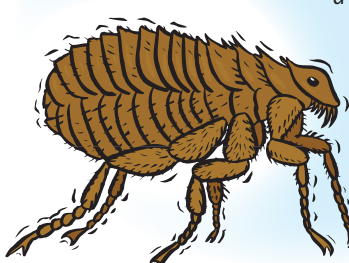
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FIND SOLUTION ON PAGE 29

Insects and Technology

**Fleas Knees**

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine



Marda Loop Real Estate Update

Last 12 Months Garrison Woods  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$599,900.00	\$596,000.00
May 2016	\$824,900.00	\$807,500.00
April 2016	\$824,900.00	\$815,000.00
March 2016	\$927,450.00	\$872,000.00
February 2016	\$995,000.00	\$939,000.00
January 2016	\$859,900.00	\$835,000.00
December 2015	\$772,450.00	\$755,000.00
November 2015	\$599,900.00	\$590,000.00
October 2015	\$639,450.00	\$618,250.00
September 2015	\$549,900.00	\$535,000.00
August 2015	\$899,900.00	\$877,500.00
July 2015	\$899,900.00	\$875,000.00

Last 12 Months Garrison Woods  
MLS Real Estate Sale Price Update

	No. New Properties	No. Properties Sold
June 2016	2	1
May 2016	5	7
April 2016	4	1
March 2016	2	2
February 2016	3	1
January 2016	3	1
December 2015	1	4
November 2015	4	3
October 2015	7	2
September 2015	5	5
August 2015	5	1
July 2015	0	5

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [garrison\\_woods.great-news.ca](http://garrison_woods.great-news.ca)



Marda Loop Real Estate Update

Last 12 Months Altadore  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$1,006,450.00	\$969,378.50
May 2016	\$1,160,000.00	\$1,110,000.00
April 2016	\$949,500.00	\$910,000.00
March 2016	\$791,950.00	\$775,500.00
February 2016	\$939,450.00	\$912,500.00
January 2016	\$889,900.00	\$867,750.00
December 2015	\$825,000.00	\$796,250.00
November 2015	\$899,900.00	\$890,000.00
October 2015	\$749,900.00	\$732,500.00
September 2015	\$937,500.00	\$897,500.00
August 2015	\$864,000.00	\$841,500.00
July 2015	\$1,137,000.00	\$1,107,500.00

Last 12 Months South Calgary  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$0.00	\$0.00
May 2016	\$739,900.00	\$722,500.00
April 2016	\$737,000.00	\$730,000.00
March 2016	\$532,400.00	\$501,500.00
February 2016	\$794,700.00	\$751,250.00
January 2016	\$899,900.00	\$899,900.00
December 2015	\$914,808.50	\$896,700.00
November 2015	\$649,000.00	\$630,000.00
October 2015	\$1,029,000.00	\$985,000.00
September 2015	\$0.00	\$0.00
August 2015	\$998,500.00	\$919,000.00
July 2015	\$584,450.00	\$575,000.00

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [altadore.great-news.ca](http://altadore.great-news.ca) or  
[south\\_calgary.great-news.ca](http://south_calgary.great-news.ca)

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## IN YOUR COMMUNITY

### Women's English & Social Group – Meet your Neighbours and Practice English!

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Our **Marda Loop** group meets every Wednesday from 10:00am – noon. Our first meeting starts up on **September 21<sup>st</sup>**. We meet once a week for 2 hours to practice English, make new friends and have fun! No cost, no immigration requirements and no minimum English level necessary. Free childcare provided for children 6 months to 6 years old. Come visit us at 3818 14A Street SW (River Park Church basement). For additional information contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752

*Debra Colley, Program Coordinator  
New Friends and Neighbourhood Groups  
Calgary Immigrant Women's Association  
Phone: 403-444-1752  
Email: [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)  
Visit our website: [www.ciwa-online.com](http://www.ciwa-online.com)*

### MARDA LOOP RUNNING COLUMN –Calgary Heroes at the Rio Olympics

Rio matters. Canada has the best summer Olympic team they have ever had and they have one thing on their

mind – gold. Further to this, Calgary has had several high profile athletes taking part. Here are three of our local athletes to watch:

1. Mathieu Bilodeau – Mathieu is a Calgary race walker who has the dedication and work ethic to come at least in the top ten. Mathieu's wife is a personal friend of mine. They support each and sacrifice so much in the hopes of bringing home gold. I will be on edge when he races.
2. Jessica O'Connell- Jessica is a Calgarian who is a master of the 5 kilometer distance. She was the top ranked female athlete entering the Pan Am games for the 5 k but was hampered due to injury. In Rio, she has huge potential for podium success.
3. Yuri Kisil – Yuri is a Calgary swimmer with the medal factor. He was a triple medalist at the Pan Am games and was the youngest Canadian to go under 50 seconds for 100 m freestyle.

Canada has a strong Summer Olympic team and I hope there will be shouts throughout the neighbourhood when our athletes compete.

Do you want to share your exercise story with the source? If yes, please email [aislinndeenihan@gmail.com](mailto:aislinndeenihan@gmail.com) and I will profile you as the Marda Loop Athlete of the month in our next issue.

*About the author:* Moved to Marda Loop in 2012 and rents a little house near Original Joes. She moved to Marda Loop for love and is still in love with her Marda Loop gentleman. Her favourite things in life are running and eating ice cream in Marda Loop.

### Not sure what to do with your clutter?

The Clothesline program in Calgary collects gently used clothing, electronics and small household items where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit [www.diabetes.ca/clothesline](http://www.diabetes.ca/clothesline).



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### The MLCA community association would like to thank all of the sponsors who supported the 2016 Indulge event:

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Thank you for taking the time to join in on the budget discussion through June and July. I valued the thoughts, comments and feedback you added to the discussion. If you missed it, please check out the blog series on my website at [www.ward11calgary.ca](http://www.ward11calgary.ca). If you do not have internet access, please know you are welcome to contact my office, and will find an alternate way to share the information with you.

To ensure that you're part of the conversation, I would like to encourage you to contact me and sign up to receive updates from my office. I send out one or two email updates a month to let residents of Ward 11 know about upcoming events in your community, city programs and opportunities to have input into the city's public engagement programs. You can sign up by emailing my office at [ward11@calgary.ca](mailto:ward11@calgary.ca) and asking to start receiving our updates.

The summer is a great time to consider joining your community association. Community Associations work for you at the very local level of your neighbourhood. The people who volunteer with your community association are committed to making your community better. They plan events, work to represent you to the City and to me, and are always looking for new ways to help neighbours connect with neighbours. They are a very important part of what makes our communities great. Please support your community association by getting a membership, by volunteering and helping out to make your neighbourhood event better.

There are a ton of events taking place in Ward 11, and in Calgary, this summer, and I would like to encourage everyone to take part in some of them! Ward 11 is blessed with very active community associations that are hosting stampede breakfasts and parade, pub nights, movie-in-the-park nights and all kinds of other events. Enjoy the festivities, I hope you have a safe and great summer!



# Take A Dip Into The Lower Elbow River's Past

## Calgary's First Public Swimming Facility

As those lazy-hazy-crazy days of summer start to wind down, we are reminded of the role that our lower Elbow River has played in providing the first safe and clean recreational swimming facility to Calgarians.

Before the Glenmore Dam was constructed in the 1930s, the flows on the lower Elbow provided enough water for swimming in summer and skating in winter. Today, flows are restricted by the dam, and gravel bars from flooding impede the experience. Storm water emptying into the Elbow River, downstream of the Glenmore Dam is untreated, carrying with it sediments, contaminants, and bacteria from roads, yards, and pets, making it less attractive for taking a dip, unlike earlier days when the crystal clear waters from the Rae Glacier and clean overland runoff reached all the way to the heart of Calgary.

William Reader, Calgary's visionary Parks Superintendent (1913-42), was an advocate of public recreation, an avid swimmer, and member of the Calgary Swimming Club. Reader directed the development of the City's first riverside swimming facility near Elbow Drive and 30<sup>th</sup> Ave SW in 1914; first with safety ropes then the construction of the dressing rooms building in 1922. The building doubled as a skate change shack in winter. "The addition of booms in the river, play equipment (including an outdoor checker board), washrooms attached to the building, a fountain, pathways and ornamental plantings further enhanced the attractiveness of the Grounds. Until interest shifted to constructed swimming pools in the 1940s, the Elbow Park Swimming Pool was the most popular swimming place in the inner city and second only to the lagoon at Bowness

Park in numbers of users. Attendance records for 1933 include the observation: "the number at the Elbow Swimming [Pool] was so great that no record could be kept." Reader aligned the use of the pool with the swimming programs of institutions like the YMCA and YWCA.

No longer in use, the historic one-storey, wood -frame, gable-roofed dressing room building and veranda, painted forest green with white trim, remains a familiar landmark along Elbow Drive. The Elbow Park Swimming Pool and Grounds was designated a Municipal Historic Resource in 2014.

Source: City of Calgary Inventory of Evaluated Historic Resources  
Photo credit: Glenbow Archives

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

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*Plant Trivia*

The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.





## MLA CALGARY CURRIE BRIAN MALKINSON

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calgary.currie@assembly.ab.ca

If you've kept up to date with my monthly report in your newsletter you may have noticed that I have written about a wide variety of events and organizations that do incredible work bringing people together throughout the communities that make up Calgary Currie.

This time I would like to talk a little bit about the ways in which our provincial government helps make these things possible.

For a long time now, the Alberta Lottery Fund has been one of the primary providers of grants for community based organizations and projects. Whether you visit a local library, museum, attend a cultural or athletic event, lottery fund dollars are often hard at work behind the scenes.

Here in Calgary Currie, I have had the opportunity to directly engage with many recipients of funding from The Fund. In Glenbrook they are improving their outdoor skating facility to be more functional year round, a pre-school in Killarney made some renovations to improve accessibility, and both Ghost River and Pumphouse Theatres received funding to help them continue to add to the vibrant cultural scene that contributes to the unique fabric of the riding.

When organizations finally acquire a grant, many see it as the culmination of years of hard work, and the final piece of the puzzle that allows them to finally take action on plans laid long ago. The organizations behind these projects received funding because they clearly demonstrated the value added to the community by their initiatives. All around us we have people who are working hard to add to the community around them, and it makes me so proud to represent you all.

I love seeing the kind of work people around me in the community are doing and I want to see more of it. It's never too early or too late to start learning about the tools available to build the community you want to see, so if you or your community are interested applying for Alberta Lottery Fund grants, please feel free to check out their website ([Albertalotteryfund.ca](http://Albertalotteryfund.ca)) or give them a call (1-800-642-3855).



## COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430

### Making Calgary a Flood Resilient City

The 2013 flood caused significant social and economic disruption and unprecedented damages in Calgary, but especially in many of the neighbourhoods of Ward 8. However, The City is committed to making Calgary a safe, flood resilient community. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones, but I'm happy with the work we've done and the work we're committed to in the future.

### We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

### We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

### We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo).

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
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Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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6	7	1	9	3	8	2	4	5
4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
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7	3	5	8	2	4	9	6	1
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## MLA CALGARY-ELBOW GREG CLARK

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(403) 252-0346  
calgary.elbow@assembly.ab.ca  
Twitter: @GregClark4AB

As I travel around Calgary-Elbow I am impressed with the variety of recreational opportunities that exist within our boundaries. I grew up in this community, yet I continue to find new places to explore and share with my children, and I hope you can too.

I was saddened to see a score of D- for overall physical activity in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. The report also gives Canadian children an F in Sedentary Behaviours. The full report can be found at: [www.ParticipACTION.com/reportcard](http://www.ParticipACTION.com/reportcard).

The report paints a troubling picture of how our children are spending their time and the effect this is having on their sleep and ability to perform well in other areas of their lives.

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.
- **Only 24%** of 5 to 17 year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes. And the average 5 to 17 year-old Canadian spends 8.5 hours being sedentary each day.
- **15% of children** aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; only 24% of those aged 5 to 17 meet the guideline of no more than 2 hours of screen time per day.
- **High school students in Canada** spend an average of 8.2 hours in screen-based sedentary behavior.

But it's not all bad news! The report gives community and environment an A- rating and reports that "less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood". So, let's turn off the screens, get outside and play! Here is a small sample of places and activities in Calgary-Elbow:

- **South Calgary Pool:** located at 3130 16 Street S.W. (403-245-0379)

## IN & AROUND CALGARY

### Free Admission to the 2nd Annual Kiwanis Festival at Kamp Kiwanis

September 24 & 25

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### Looking for free entertainment this summer?

The City's summer concert series, Music in the Park, is back! Enjoy free live music with family and friends in beautiful parks around the city throughout July and August. Events will feature different artists from a variety of musical genres that are sure to get you movin' and groovin' this summer.

Check out [calgary.ca/parks](http://calgary.ca/parks) for an event near you, then pack a picnic lunch, grab a blanket and settle in for some great entertainment.

- **Talisman Centre:** located at 2225 Macleod Trail South (403-233-8393) [www.talismancentre.com](http://www.talismancentre.com)
- **Stanley Park:** 4011 1A St. S.W.
- **Stanley Park Lawn Bowling:** 350 42 Avenue S.W. (403-532-8006) [www.calgarybowls.com](http://www.calgarybowls.com)
- **Lakeview Golf Course:** 5840 19 St S.W. (403-300-1003)
- **Mount Royal University Recreation:** 4825 Mount Royal Gate S.W. (403-440-6517) <http://www.mtroyal.ca/CampusServices/Recreation/Public>
- Or go for a stroll on one of the many river pathways!

If at all possible, I strongly encourage you to start the school year off by walking or biking to school with your children. Getting into a routine while the weather is nice and make it a habit that continues all year!

While you are out and about in the constituency, please feel free to pop by my office, located above the Sunterra in Britannia.

I hope you're enjoying a safe and active summer!



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