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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	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
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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Monthly MLCA Board Meeting – October 2

Board meetings are usually 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.

Upcoming meetings: Oct. 2, Nov. 6 and Dec. 4.

Starts: 7:00 pm

Location: MLCA Upper Hall, 3130 - 16 Street SW

Seniors' Gathering – October 2

Our Fall meetings will be held regularly on the first Monday of each month (October 2, November 6, December 4) from now on and will be held between 9 a.m. and 12:30 p.m. at the MLCA Upper Hall, 3130 16 Street SW. All Marda Loop residents age 55 and above are welcome. We hope we can convince you to become a member of our group for just \$10 a year. For more information call 403-244-5411 x22. Members may e-mail seniors@mardaloop.com with questions or suggestions.

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Harvest Festival and Final Outdoor Farmers' Market of the Season – October 7

Last chance to enjoy a great morning at Calgary's favourite community outdoor market with over 30 local vendors, food trucks, kids' activities, and live music! It's also the last day to return your Market PASSPORT for entry into our Harvest Basket draw; we'll be naming our winner at 1pm and sending them home with an amazing haul of goods and wares from our market vendors as thanks for supporting our market!

Date: Saturday, October 7, 2017

Starts: 9am - 1pm

Location: MLCA Hall Parking Lot, 3130 - 16 Street SW

Wine Night – October 18

It's an informal evening and a great way to meet people in the community. Join your friends and neighbours as Shawn from Springbank Cheese, and Claude from Highlander Wine, talk us through this month's selection of wine and cheese. Please register at www.mardaloop.com

Date: Wednesday, October 18, 2017

Doors open: 7:30pm, wine tasting starts 7:45pm

Location: MLCA Hall, 3130 - 16 Street SW

Cost: \$25 per person (guests are welcome but must be accompanied by an MLCA member)

Annual General Meeting (AGM) Meeting – October 30

It's that time of year again. As members of our community, you are welcome to attend the following AGM meeting in October. All residents are welcome to attend but only MLCA membership holders will be allowed to vote.

Date: Monday, October 30

Starts: 7:00pm

Location: MLCA Upper Hall, 3130 - 16 Street SW

5 ways to protect your family against the flu

Dawn Juristy, BSP APA, Pharmacist Owner of The Medicine Shoppe Pharmacy Marda Loop

Finally the kids are back at school. Together again with their friends; they are learning, having fun, and spreading germs. It is never too early to think about how to protect your family from illnesses like the flu. Here are 5 easy ways to do just that:

1. GET VACCINATED AGAINST THE FLU

The flu virus changes every year, and so does the flu vaccine. It is safe and effective; getting the vaccine protects you when you are exposed to the virus, stops you from being very sick, and prevents you from passing on the virus to your family. It is important to get your flu vaccination early because there is a two-week delay between getting the flu vaccine and your body being protected. During that period other precautions should also be taken to prevent getting ill from circulating flu germs. You can get your flu shot at The Medicine Shoppe Pharmacy, no appointment required!

2. WASH YOUR HANDS

The flu virus is spread mainly by small water droplets when people cough, sneeze or talk. Since your hands come in contact with many items touched by other people, like door handles, they are most likely to come into contact with the virus. Washing your hands thoroughly with soap and water for at least 20 seconds will remove most germs. Younger children should be supervised when washing their hands to make sure they are thoroughly clean. If you're on-the-go you can also use an alcohol-based hand sanitizer.

3. AVOID TOUCHING YOUR FACE

As you cannot wash your hands all day long, reducing the number of times you touch your eyes, nose and mouth can reduce the likelihood of getting the flu virus. The tiny droplets of virus can live up to 48 hours on most surfaces. So everyday objects, such as phones, TV remotes, doorknobs or computer keyboards can become covered with the virus. Just changing the TV channel can transmit droplets to your hands and easily pass on to your face. One way to reduce this is to clean and disinfect surfaces you touch the most often.

4. WATCH WHERE YOU POINT THAT SNEEZE

Sneezes come in different varieties. Some sneak up on you and catch you by surprise. Others linger on the tip of your nose, making you cry a little. During flu season a good habit is to sneeze into your inner elbow and not into your hand. If you can catch your sneeze in a tissue, that's great too! Just throw the tissue away immediately once it has been used.

5. REDUCE CLOSE CONTACT

Be wary of close talkers! When a person sneezes, speaks, or uses a tissue, the virus is hanging around. By keeping a distance when talking, or minimizing contact when you are sick, you can protect against passing on or getting the virus. If someone in your family does get the virus, reducing their interactions with others can cut down the likelihood of passing the flu along to someone else.

Get ready for flu season.

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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 or send the form below to the MLCA hall.

MLCA Membership Form

First Name: _____ ☐ \$15 Individual
Last Name: _____ ☐ \$25 Family
Street Address: _____ ☐ \$10 Senior
Postal Code: _____ ☐ 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



Yoga at the MLCA

Yoga is underway and we still have a few spots available with our amazing, experienced yoga teacher, Sophie. Yoga days are:

Tuesday Night Yoga with Sophie:

Tuesdays 7:00pm-8:00pm

Wednesday Night Yoga with Sophie:

Wednesdays 7:00pm-8:00pm

Friday Morning Yoga with Sophie:

Fridays 9:30-10:30am

Please see our website for registration or call the office at (403) 244-5411

Seniors' 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

Oct 18 - Dec 13, 2017

9 classes

Cost: \$45

Playgroup

Registration this fall is filling fast! 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.

Marda Loop Swim Club 2017-18

Our swim club is now fully registered with a waitlist. Our goal is to improve each swimmers stroke ability, endurance, and confidence through coaching and training. Although the club is recreational, the focus is on competitive swimming skills (i.e. speed, efficiency, and endurance) making our club attractive for youth looking to "springboard" into a more competitive club in the future. MLCA membership is required to register in this program.

The program runs from Sept. 2017 – April 2018

Mondays: 5:30 pm – 7:00 pm

Cost: \$300/swimmer

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 gm@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 gm@mardaloop.com if you have any questions and to receive the registry.



The MLCA preschool is now in full swing with our 3-year-olds settling into school life and our 4-year-olds honing their scholastic skills. As a community-based preschool, our mission is to bring community into the classroom and to get our children out into the community as much as possible. Over the coming months, we hope to share preschool news and all of our community endeavours right here.

This school year, we are pleased to be welcoming back a number of community partners. Kicking off with our monthly music visits from Melissa from Simple Harmonies, while Mia from Yoga in The Home, is running a 4-week yoga residency for our 4 year old classes. We are also delighted to be extending our Grand Friends program into both the 3 and 4-year-old classes for the full year. The Grand Friends program is an intergenerational collaboration between the MLCA Seniors group and our preschool. We have big plans for this initiative which we look forward to sharing as it gets underway.

Until next time, if you have any questions or comments about the preschool, feel free to email: preschooldirector@mardaloop.com

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children 3 to 4 years old come together to learn and explore through age appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles.

Set in the heart of the vibrant Marda Loop, our newly renovated, bright and cheerful preschool is positioned opposite the community centre, playground, ice-rink, library, fire hall, and community gardens.

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McMan Calgary Foster Care Program

Do you have room in your heart and home for a child in need? McMan Calgary & Area is currently looking for singles, couples and families who are willing to support a child through our Foster Care Program. You provide a child with a loving, nurturing and stable environment. McMan will provide you with training, support, respite and financial remuneration.

Together, we provide a child with the opportunity to thrive. There will be a community information session at the Marda Loop Community Association on Nov. 5 from 4-6pm.

For more information or to RSVP, please contact Tenchoe at Tenchoe.Dorjee@mcman.ca or 403-815-1049. www.mcmancalgary.ca.

BRAIN GAMES SUDOKU

					5	8		
		5		9	1	7	3	
7		9						
	5	3			6			
6			1	2	3			7
			4			3	6	
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	6	1	5	3		9		
		2	9					

FIND SOLUTION ON PAGE 24



MLCA Preschool

Kids are the heart of our community

Set in the heart of Marda Loop, our newly renovated, bright and cheerful preschool is a cooperative and caring environment where children learn and explore through play.

Find out more at www.mardaloop.com

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MEET CHRIS DAVIS

With over 25 years of direct municipal involvement, Chris Davis brings a wealth of experience to City Hall. Like most Calgarians, Chris believes taxpayers money matters. He believes city council should not only deliver quality services, but prioritize responsible spending and keeping life affordable for hard-working Calgarians.

Marda Loop residents are concerned about one-size-fits-all re-development that doesn't appropriately address parking, public spaces and increases in traffic.

The City charges developers levies - Chris wants to see more of those levies spent in the community.

Chris pledges to bring these and other concerns forward as councillor for Ward 8.

www.chrisdavis.ca
/chrisdavisward8
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WARD 8



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KENSINGTON WINE MARKET

2017 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

- | | |
|--|---|
| <p>Not Just a Man's World \$35
Join us as we introduce you to some of the world's best wine makers, who just happen to be women, and their fabulous wines! Tue Oct 3</p> <p>Canadian Harvest \$30
Let's all give thanks for Canadian wine and cheese. We show you some of the best Thanksgiving-friendly Canadian wines, paired of course, with Canadian cheese. Thurs Oct 4</p> <p>Awesome Acidic Ales All Round! \$25
The love of sour beers shows no sign of waning. This tasting will satisfy the curious novice and the lip puckered veteran alike with a taste of Lambic, kettle sour, fruity, hoppy and funky. We're running the gamut! Tue Oct 10</p> <p>Balvenie with Jamie Johnson \$35
For her first ever Master Class at KWM we're going vertical with Balvenie's Brand Ambassador, Jamie Johnson. We'll tackle the range from 12 - 25 years of age. Wed Oct 11</p> <p>Millstone Whisky with Patrick van Zuidam \$25
Patrick van Zuidam is one of the Netherlands' most respected distillers. He'll walk you through a range of some of the best single malt and rye whiskies in the world, including a new cask bottled for KWM! Thurs Oct 12</p> <p>I Ain't Afraid of No Spice" \$30
Dining on Thai, Curry or Sichuan? We've got a wine for that! We'll take you through a range of whites and reds that have got the right stuff to handle the spiciest of dishes! Fri Oct 13</p> <p>Up and Coming \$30
What do Ontario's Prince Edward County, Slovenia, the Republic of Georgia and Southern England all have in common? Let us introduce you to some of the World's new and rediscovered wine regions! Tue Oct 17</p> <p>An Introduction to Single Malt Scotch \$30
Your inception into the complex world of single malt whisky. We'll debunk the myth of regions while introducing you to a range of different styles. Thurs Oct 19</p> <p>Cheese Please: French Edition \$30
You'll enjoy a carefully curated selection of French wines paired with fromage from our favourite neighbour, Peasant Cheese. Fri Oct 20</p> <p>Spectacular Speysiders \$75
Quite simply, this is a range of our favourite Speyside whiskies new and old... you won't be disappointed! Tue Oct 24</p> <p>All Things Bubbly Festival \$30
This bubbles festival will feature a wide range of Champagne, rosecco, Cava and other sparkling wines. But it doesn't end there... we'll also feature some sparkling cider, ales and more! Thurs Oct 26</p> <p>Red Wine Icons - America \$50
Rich velvety Pinots, big bold Cabs and the jammiest Zyns. We'll highlight some of the best American wines we have to offer! Fri Oct 27</p> | <p>Legendary Gordon Macphail w/ Alastair Milligan \$80
We'll sample a range of Benromach and Gordon Macphail whiskies with Brand Ambassador Alastair Milligan, including a pair of very rare 1982 vintage whiskies from St. Magdalene and Brora. Sun Oct 29</p> <p>Going with the Grain \$100
This will be an exploration of single and blended grain whiskies with an emphasis on old and rare. Three of the whiskies sampled will be north of 50 years of age, and two others over 40! Mon Oct 30</p> <p>Head to Head to Head \$30
This time it will be Evan, Hunter and Marty going head to head to head. Which expert's whisky picks will reign supreme in this KWM Battle Royale! Tue Oct 31</p> <p>Hunter Laing with Andrew Laing \$30
We are thrilled to be launching our first ever single cask of Bowmore, with special guest Andrew Laing of Hunter Laing. It is our first exclusive cask of Old Malt Cask, since the Port Ellen we bottled with Andrew's father Stewart, many years ago. This will be a stand-up mini-festival including a glass! Thurs Nov 2</p> <p>Springbank Distillery with Melanie Stanger \$30
Springbank is the most stubbornly traditional distillery in Scotland. We love its spirit of independence, and of course its whisky! Special guest Melanie Stanger will take us through a range of whiskies representing its three spirit styles and Kilkerran whisky from its sister distillery Glengyle. Fri Nov 3</p> <p>Why Not Red With That Dish \$35
White meat, fish..... why not try red wine rather than the usual white. Lighter reds work very well with white meat and fish. We'll show you how to pair red with white! Tue Nov 7</p> <p>Fall Single Malt Festival \$65
Our famous, ever popular, Fall Single Malt Festival. Limited to just 100 participants we will feature nearly as many whiskies. Oh, and it includes a 25th Anniversary KWM logo Glencairn glass! Thurs Nov 9</p> <p>Autumn Ales \$20
Comforting spicy brews, pumpkin ales and marzens as far as the eye can see! This is the perfect time to start the transition into the darker side of beer! Fri Nov 10</p> <p>Tesseron Cognac with Jacque Chastanet \$75
Tesseron is a unique brandy, more masculine and Scotch-like than any other Cognac. Tessoron Director Jacque Chastanet will be our guest as we sample their portfolio up to and including the Royal \$2200. Tue Nov 14</p> <p>Discovering the Douro \$40
We'll gently journey down the storied Douro River with "Cavalerio do la Confraria do Vinho do Porto" (AKA Port Expert) Cindy Opsal as we drift past the iconic port houses of Taylor, Fonseca and Croft. Thurs Nov 16</p> <p>Wine Fest \$50
We'll clear the floor to make room for more than 80 of our favourite pours. There is no better way to spend a Friday night than with some good friends, great food, and even better wine. It includes a KWM 25th Anniversary logo tasting glass. Fri Nov 17</p> |
|--|---|

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Fall/Winter Seniors' Activities Start Up Again



Group with Bob's car



Bob's award



Brunch bunch

The sweltering heat gave the seniors a good excuse to spend an afternoon around the community pool. The time spent together chatting in the shade, sipping on cold lemonade and snacking on delicious finger foods took some of the heat away.

We also managed to squeeze in a morning picnic brunch at the Carburn Park after a walk around the ponds before the temperature rose.

One of our active participants, Bob Fellows drove to the brunch in style in his 1956 Thunderbird, for which he won 1st place at the

"Show and Shine" held at the recent Marda Gras Festival.

September 11 saw the beginning of our fall season and besides meeting everyone again after a summer break, we had excellent presentations by AMA representatives on travel (thanks to Fatima Laeeq) and travel insurance for seniors (thanks to Pam Murray).

By the time this issue of The Source reaches you, the seniors will have had their celebration of Canada 150 on October 2nd which will, no doubt be the topic of our next month's article.

The theme for our gathering on November 6th will be Remembrance and will take place, as usual, between 9 a.m. and 12:30 p.m. at the Upper Level of the MLCA Community Hall.

The Grandfriends project will also have begun before you receive this copy of the Source and during the upcoming school year, we hope to interact with both the 3 and 4-year-old preschoolers at both the morning and afternoon sessions just once a month. More news will follow on that, but if you're interested in volunteering to be part of this project, please get in touch.

If you're a knitter/crocheter and would like to contribute to our collection for Rockyview Hospital – hats, shawls, gloves, mitts for all ages, please send an email to seniors@mardaloop.com to let us know you're interested and what you would like to submit. You could also submit your contributions to the MLCA office in a package marked "Donations for Rocky View Hospital" before December 15th, 2017. You have lots of time, so start working now.

If you're 55+, you may want to participate in the above activities to get involved in your community. So, make sure you have a current membership (just \$10 a year!) and come and join us.

Heather Bhatti, Coordinator "Seniors in the Loop"
seniors@mardaloop.com



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Many thanks to the following people who volunteer their time to help make our community such a great place to live

These are our volunteers from August 2016 – August 2017

Ada Hoeksema	Dan Thorburn	Keltie Bilkoski
Ada Howe	Dana Bane	Kim & Mike Tidswell
Adrian Mitchell	Daniel Gammond	Lauren Makar
Alice (from England)	Dave & Maureen Stenning	Leanne McKenzie
Alice Rodier	Des Smith	Linda Martin
Alicia Tropak	Diane Kroger	Lisa Conboy
Alison Mair	Elaine Farner	Liz Taylor
Amanda Bishop	Elizabeth Panonko	Lucy Sobczyk
Amanda Leavitt	Emily Scherman	Mac Kroger
Andrea Joyce	Erica Miles	Marilyn Taylor
Andrea Larochelle	Felicity & David Aston	Matt Wilson
Andrea Langfeldt	Fraser & Gillian Hogg	Michael Graham
Andrea Toth	Freddy Taylor	Michelle Short
Andree Roberts	Gemma Lee	Mike Byerley
Andrew Mills	Gene & Karla Charest	Patricia & Tom Klein
Anna Meagher	George & Sandra Morrison	Peter Ruptash
Anne Kaufmann	Hanna Burger	Roy Lee
Anne Marie Clavelli	Hans Luu	Sandy Harper-Jaques
Barb Dick	Heather & Robert Bhatti	Sara Hiebert
Bevan Sears	Heather & Tim Young	Sara Ward-Colombo
Brenda Falle	Helen Gurnsey	Sarah Fletcher
Brenda, Stuart & Tal Preston	Helen Hurrell	Sarah Simms
Caileigh, Leslie & Madison Coupal	Ian Beales	Shawn McDonald
Callie Latham	Ian Elliott	Shirley Bowtell
Cam Reid	James Spragins	Sian Rhydderch
Carol Blyth	Jane Maduke	Slade Thornhill
Carol Dann	Janet Pliszka	Stephanie McCarthy
Casey Bray	Jennifer Bray	Steven MacPherson
Catherine, Doug, Hillary & Leslie Fraser	Jeff Pasche	Sue Norman
Charlie Hojnik	Jennifer Gorkoff	Thana Boonlert
Christa Abbott	Jennifer Hittel	Tim Eaton
Christa Wadsworth	Jill Chambers	Tom Rosettis
Christine Mihailedes	Joad Chambers	Tony Norman
Claire McCann	Julie Lowry	Tonya Baboneau
Colin Hughes	Karen Murphy	Trisha Hayter and RBC Staff
Connie & Wally Grant	Kath Orr	Wade Schuler
Corrine & Gene Lung	Kathy Pybus	Youth Central
Counterpoint Dance	Kelly Plourde	Zina Rosso

"We have to do what we can to help wherever and whenever it is possible for us to help."
- Unknown

OPPORTUNITIES:

MLCA 2017 Casino – We have received our dates for our 2017 casino night. It will be at Elbow River Casino on Thursday, November 9 and Friday, November 10. Anyone interested in helping either of those days or evenings should contact me right away to get their pick of shift and position. This is our best return on volunteer time event we have. I can be reached at volunteer@mardaloop.com.

Indulge 2018 – The Indulge Committee is actively looking for some people interested in helping to plan the Biggest Party of the Year in Marda Loop. They are looking to grow their committee – "more hands, make light work". They would also love to have someone or a couple of someone's interested in helping to coordinate the silent auction portion of the evening. Let me know if you are interested at volunteer@mardaloop.com and I will put you in touch with this fun committee.

Ice 2018-19 – I know we all hope the fall to last as long as possible but we are thinking ahead and Ian, our Ice maker for the past several seasons is moving on. We are looking for an interested person or persons to work under him this season to learn the details of ice making. Perhaps a group of Mom and Dads with kids in our hockey program could band together and take this VERY important job on. No ice making, no ice. No ice, no skating L. Let me know if you can help at volunteer@mardaloop.com.

That's the volunteer news for this month. Want to get involved in your neighbourhood – email me at volunteer@mardaloop.com

Catherine Fraser, Director of Volunteers

Volunteering
is good for the soul

Annual Marda Loop Justice Film Festival

November 14 - 19, 2017 are the dates for the 12th annual Marda Loop Justice Film Festival!

The festival will be held at 3 different Calgary locations and featuring a wide variety of films. Admission to all films is FREE!

The final schedule will be announced mid-October and will be updated on our website <http://www.justicefilmfestival.ca>.



American Kestrel: Small Acrobatic Gliders

Article by Katie Fisher

Photo by Andrea Hunt

Gliding to the left and right, the American Kestrel keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs.

Fun Facts:

- These raptors rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment to make their home.

- Your backyard could become a suitable home for the Kestrel but it won't be in a regular birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise could provide a suitable home for a feathered family.
- They may repay you by keeping pesky rodents out of your yard!
- Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders as well as small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards.
- Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels.
- One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.
- This raptor can also be the hunted: as the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

THE CALGARY ASSOCIATION OF LIFELONG LEARNERS (CALL)

Literary Classics

The Calgary Association of Life Long Learners (CALL) is offering a course in Literary Classics for the winter, November 20, 27, December 4 and 11, 2017, 10 am to 12:30 pm, in the boardroom at the Marda Loop Community Hall, 3130 -16th St S.W.

Members of the Marda Loop Community are cordially invited to attend these sessions. For this series, the group will study selected works of noted British author, Virginia Woolf, who once said, "I am writing to a rhythm and not to a plot." We read selections aloud, followed by a lively discussion! Come join us.

Facilitator: William Hatherell, originally from Brisbane, Australia, has an extensive literary background including a master's degree on the poetry of William Wordsworth from the University of Sydney and a PhD in Australian literature from the University of Queensland.

Please email Ellen Evans Kinghorn at scar.king@shaw.ca to register.

The Calgary Association of Lifelong Learners (CALL) is a dynamic member-led, not-for-profit organization. <http://calgarylifelong-learners.ca>.

cSPACE

The Alberta Craft Council

There is a movement of renewed appreciation for those things that are made locally, honour tradition, and break the boundaries of our imagination.

The Alberta Craft Gallery opened its doors in cSPACE this summer as Calgary's best spot to discover the talent of Alberta artists working in craft disciplines such as ceramics, wood, metal, textiles, jewellery, stone, and glass.

After 40 years of success in Edmonton, it was only natural that the wave of craft appreciation extended to Calgary. It was a long process but we finally found our new home in this community where we have met many gallery goers, culture aficionados and lovers of the handmade.

Currently, our space features over 50 artists and rotating exhibitions. Check out the current exhibition 'Citizens of Craft' or attend 'Along the Bow' that coincided with Alberta Culture Days.

Did you know cSPACE has been designated Calgary's feature celebration site in Calgary? We can hardly wait.

If shopping is more your thing, then we invite you to mark your calendar for 'Let It Snow', an evening of holiday cheer and shopping at the Alberta Craft Gallery. The event will take place on November 25, 2017.

We may be new to the neighbourhood but we feel already part of this dynamic community! We have met many of you, including the Marda Loop Seniors Group who enjoyed a private tour of the gallery and did a bit of shopping too!

The Alberta Craft Gallery is open to the public from Wednesday to Saturday from noon to 6 pm. For more information, visit our website www.albertacraft.ab.ca or connect with us on Facebook & Instagram @albertacraftcouncil and Twitter @abcraftcouncil.



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IN YOUR COMMUNITY

Calgary Immigrant Women's Association
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.


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 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
 Visit our website: www.ciwa-online.com*

SNEEZE AND BE MERRY!



In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.



Calling Local Photographers!

We are always looking for great community photos, especially for the cover of The Source. Submit your photos for a chance to be published and credited in future editions of this newsletter.

Photograph submissions should be vibrant and high-quality—300 DPI or higher. Sizes for cover photos should measure **6.3 x 8.2 inches minimum and be portrait orientation.**

We look forward to seeing the community through your eyes! Please send your photographs to source@mardaloop.com



Celebrate the 500th Year of the Reformation With Us!

Join us on **October 21st, 2017 @ 6:30** at
Calgary Community Reformed Church
 (1638 30 Ave SW)

to witness a film on the life and work of Martin Luther. See how the protestant reformation took shape and the trajectory of the church at large! We would love to have you there! Snacks and refreshments will be provided.

Please RSVP to
admin@mardaloopccrc.org
 or call us at **403-244-3037**



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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~continued on page 29~



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Occupational Health and Safety (OHS) Legislation

For the first time since it was enacted in 1976, The Government of Alberta is completing a comprehensive review of the Occupational Health and Safety (OHS) system. In addition to the legislation, they will be reviewing compliance, enforcement, education, awareness and prevention efforts. Topics include:

- clarifying employer and worker responsibilities in legislation
- improving worker engagement in OHS
- renewed focus on illness and injury prevention

To help ensure Albertans are working in healthy and safe workplaces the government is asking for public participation in the review by way of an online survey or written submission. The survey is open until mid-night on October 16th and can be found at <https://www.alberta.ca/ohs-system-review.aspx>.

Jobs and the Economy

Calgary continues to experience high rates of unemployment. There are signs of improvement, but at the time I am writing this article Calgary still has the second highest unemployment rate of any major Canadian city.

In October 2016 and March 2017, I offered workshops for people experiencing unemployment and underemployment in Calgary. During those sessions a number of participants requested we focus next on networking. So, we are doing just that.

Catherine Brownlee, President and CEO of CBI is volunteering her time and expertise to lead this session at no cost. "Networking 101" will give participants the opportunity to learn how to begin conversations, ask appropriate questions, and follow up for results. Participants should come dressed for success, carrying business cards, and ready with their 30 second 'elevator pitch'. Industry professionals will on hand to provide useful feedback.

The event takes place on November 9th. If you are interested in attending, please visit www.calgaryelbow.ca to register. Space is limited.

As always, I welcome the opportunity to hear from constituents. My office can be reached at Calgary.elbow@assembly.ab.ca or by phone at 403-252-0346.

With the ground breaking of Line 3 pipeline in Hardisty in August of this year, and the approval of Kinder Morgan's TMX expansion last year, we are moving forward in building this country for generations to come.

For too long now, Canadian middle-class families have found it hard to get ahead. That's why our government has a plan to grow the economy and strengthen the middle class. Canadians know that the environment and the economy go hand-in-hand. Our government has made a commitment to restore the confidence of Canadians in our natural resources development.

Our government is moving ahead with making smart, necessary investments. We've lowered taxes for 9 million Canadians, and introduced the Canada Child Benefit which will help 9 in 10 families to be better off. We've increased the Guaranteed Income Supplement for almost 1 million single seniors, and reached an historic agreement to strengthen the Canada Pension Plan to help provide Canadians with the strong, secure and stable retirement they deserve.

Moreover, our government is doing the hard work in partnership with provinces — through pricing carbon pollution, through the climate change plan, and through making the most significant investment ever to protect our oceans and coastlines — creating the conditions that will allow us to get our resources to market safely and sustainably.

If you'd like to read more, please visit my website at the below address.
www.KentHehrMP.ca/Pipelines

I am proud to be able to be an ally to the community and work with Canadians as your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at www.KentHehrMP.ca/ email-updates, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at kent.hehr@parl.gc.ca.

I hope you had the chance to take in Alberta Culture Days that took place from September 29 to October 2, and if you have not, I recommend a visit to southwest Calgary's newest art and cultural hub - Cspace - that I had the opportunity to designate as an official Alberta Cultural site.

Many of you are aware there are civic and school board elections taking place across the province this month. I am proud of the work done by Alberta's new Ministry of Status of Women to increase the number of women running for elected office across our province. I encourage you to attend a debate in your community, watch for candidates on your doorstep, and make a plan to vote on October 16.

The legislative session resumes the day before Halloween (there is a joke in there somewhere) and that means after nearly a year of consultation work in Lethbridge, Calgary, Medicine Hat, and Edmonton I hope to present my first piece of legislation - a private Member's Bill that seeks to bring Henson Trust legislation to Alberta. This has been a moving, eye-opening experience as I have been told time and time again how such legislation would make life better for so many Alberta families. There is a petition circling to support this bill that you can sign by visiting Inclusion Alberta, Autism Alberta, or Connections Counselling, and we have one at the Currie Constituency Office.

It continues to be important that I hear from you. I'm hosting my annual constituency office open house on Friday, October 27 between **4:00 – 6:00pm**. It is only by hearing from you directly that I am able to be your voice in Edmonton and make your concerns known to the government. There will also be pizza!

If you wish to learn more about community and government events and initiatives, please sign up for my electronic newsletter on my Facebook page or by emailing the office.

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



Who Is My Keeper?

By Robin McLeod

If you have been away over the summer months no doubt you may be surprised at the extent of construction occurring west of Calgary on both the Elbow River and Fish Creek. Construction close to town is not all that is happening, however. A trip down the Elbow River is revealing.

You may not agree with my thoughts or my analogy; that's OK. My intent is to provoke thought about the trickle running through the backyards of our City to the meandering blue ribbon travelling 120 km from its source in the mountains, through the foothills, across the prairies, under a dam, past homes, pathways and parks and on to Fort Calgary and the Bow River.

We begin in the headwaters where forest management agreements cover 29% of the Elbow source watershed. Oil and gas operations can be found while off-road vehicles take advantage of bush roads and seismic lines to penetrate deeper into the backcountry. These activities lead to linear fragmentation of the landscape contributing to erosion, increased rates of surface water runoff, sedimentation of rivers and creeks and easier prey access.

Moving further downstream farmland is interspersed with communities relying on groundwater-fed wells and septic fields to deal with the dirty stuff. The proliferation of ranchettes, the 2-to-5-acre homesteads, who bring their urban aesthetic to the country (manicured, herbicided, cut, irrigated green grass) plus a proposed shopping mall create a band around the western edge of Calgary – urban sprawl at its worst.

Overtop of this fragmented landscape are 2 major construction projects; the southwest ring road now underway and the likely-to-be approved Springbank Dry Dam. Both projects include filling in wetlands, channelizing and straightening the Elbow River and adding more riprap.

Once in the City, the flow of the river is managed and is but a trickle currently. Into this shallow, slow moving river 85 storm sewers unload untreated surface water runoff containing all sorts of nasty stuff into the Elbow River. Since August 2016 the Elbow River from below the Glenmore Dam to the confluence with the Bow River has been under an Alberta Health Services

advisory due to bacterial contamination i.e. excessive E. Coli counts. Within the City riverbanks are replaced by riprap, stonewalls and a myriad of bioengineering projects (a mixture of hard and soft river bank protection) while more and more larger developments proceed along the River's edge.

What is the impact of all these incursions on the Elbow River? I would like to imagine the same thing happening to my body. I go to the barber and without my permission and over time up to 29% of my hair is shaved off with a few deep nicks, here and there. The sunburnt, flaking skin, bug bites and winter cold are intolerable. Blood and raindrops dribble off my shiny pate, down my neck, into my eyes and off my nose. The intravenous I receive is contaminated which is particularly serious as my kidneys, the cleaners of my blood, are compromised. I am down to one. Thank goodness for dialysis. My broken bones are slightly offset but the offsets are so minimal that I have been assured that my athletic performance will not be affected. Oh, but my arteries are clogged. A stent and quadruple bypass appear to have solved the problem in the near term, at least. My stomach feels off and my skin so patchy I look like a Mesopotamian mosaic art piece, although not nearly as beautiful. My prognosis is not promising for a long and healthy life.

If we consider all of which is occurring in the Elbow River watershed would the prognosis be similar to the bleak outlook above? Of course, zero development, like youth-for-ever, is not realistic. But if we look at the cumulative impacts of all the completed, yet-to-be completed and proposed projects on the overall health of the Elbow watershed and its river ecosystem would our actions be different? Would our focus be broader and more long-term? Would we have more respect? I would like to think so. We should be honouring the watershed and the river that provides almost half of Calgary with its drinking water. After all, without water we all perish.

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. Follow us on facebook.com/S2Gplus.

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