THE SOURCE

FOR YOUR MARDA LOOP COMMUNITIES ASSOCIATION

BRINGING ALTADORE, GARRISON WOODS, SOUTH CALGARY & RIVERPARK RESIDENTS TOGETHER



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Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Marda Loop Community Association (MLCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and MLCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services







EXCITING NEWS FROM MLBC!

Patio Heaters!

WE HAVE SEEN SOME SERIOUSLY COMMITTED PEOPLE ON THAT PATIO, SO WE ARE HAPPY TO ANNOUNCE THAT WE NOW HAVE HEATERS THAT WILL CARRY US THROUGH THE SPRING!

Brew Tours!

WE ARE NOW DOING BREWERY TOURS! MAKE SURE TO CHECK OUT OUR WEBSITE TO MAKE YOUR BOOKING! \$20/PERSON WHICH INCLUDES A FLIGHT!

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PRICE BOTTLES OF WINE AND WEDNESDAYS FOR OUR
"BEER TO-GO" SPECIALS!

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5 Excellent Reasons to Advertise in Community Newsletter Magazines

- **1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback: Community residents trust, and call businesses that advertise in their community magazines.
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Help support the MLCA by purchasing your ticket to Marda Loop's most 'tasteful' affair!

Visit www.eventbrite.ca and search for 'Indulge'

\$75 / Doors open 6 p.m. MLCA Hall - 3130 16th St SW





Don't waste your summer driving around the city. Our camps are on your way!

One- and two-week full-day summer camps for children ages five to 14

- Free before- and after-camp care
- From science to sports, technology to the arts, we have camps for every interest

Register today! MRUKids.ca



Monthly MLCA Board Meeting

The next Board meeting is Monday, May 6 in the MLCA Upper Hall, 3130 16 ST SW. If you would like to address the Board, or simply attend one of these meetings, please contact: president@mardaloop.com

2019 Board Meetings:

- June 3
- September 9
- October 7
- October 21 Annual General Meeting
- November 4
- December 2

Seniors Gathering

Join us on May 6 from 9am – 12:30pm, hopefully in the park adjoining the in the MLCA Hall. Program begins with light fitness exercises and will include refreshments and play time outdoors. Please pray to the weather Gods for sunshine. If not, we will meet and play indoors. All Marda Loop residents 55 years and above who have an up-to-date membership (\$10 a year) are welcome to join. For more information, suggestions or comments, e-mail seniors@mardaloop.com

Upcoming MLCA Events

- Indulge Saturday, May 25
- Community Clean Up Saturday, June 8
- Wine & Cheese Affair Friday, June 14
- Neighbour Day Saturday, June 15
- Teen Pool Party Thursday, June 27
- Stampede Breakfast Saturday, July 13



The MLCA Member Discount Program is up and running, effective May 1. Many thanks to the local businesses who are participating in the program, offering exclusive discounts and other benefits to MLCA members. As well, during April we mailed out membership cards to our members, which they can present to participating businesses to enjoy the benefits of this program.

Spring is always a busy time for us at the MLCA and this year is no exception. Our full slate of spring programs are underway at the MLCA Hall and registrations are open for both summer Day Camps: MLCA Superstars and Little Chefs.

Indulge is our major fundraiser of the year and takes place on the evening of Saturday, May 25. Please buy a ticket and invite your friends to this evening of food, drink and fun. Funds raised enable the MLCA to offer the programs, events and community advocacy that help make Marda Loop such a great place to live.

On Saturday, June 8 we will again have Community Clean Up where you can recycle and dispose of unwanted items. On Friday, June 14 we will have the final Wine and Cheese Affair before the summer break. And on Saturday, June 15 we will celebrate Neighbour Day with family activities at the MLCA Hall. Please check out the MLCA website at www.mardaloop.com for full details on all MLCA programs and events.

I look forward to your feedback and welcome any questions or comments. You can reach me at president@mardaloop.com.

Doug Fraser, President



The Veteran Family Program, funded by Veterans Affairs Canada, allows the Calgary Military Family Resource Centre to provide services, resources and referrals to help veterans and their families. If you are releasing from the Canadian Armed Forces, or are already a veteran, we're here to help.

Contact our Veteran Family Program Coordinator at Shelagh.Cox@CalgaryMFRC.ca or (403) 410-2320 Ext. 3591 to learn more.



Thursday June 27 6 - 8pm

South Calgary Pool, 3130 16 ST SW

2 hours of swimming fun, games, pizza + music

\$8 per person

Open to anyone 13-17 years



Registration opens June 10 at mardaloop.com/events

MLCA PROGRAMS







Peanuts Soccer

Registration NOW OPEN

It's back! One of the most popular activities of the year returns this spring. Please join us for another year of fun, exercise, friends, and soccer skills! No experience necessary. Children must be at least 3 years old prior to June 22, 2019.

MLCA membership is required to register in this program.

When:

- Age 3 to 4 Saturdays 10:00 11:00am, May 4 to June 22, 2019
- Age 4 to 5- Saturdays 11:00 12:00pm, May 4 to June 22, 2019
- Age 5 to 6 Saturday 12:00 1:00pm, May 4 to June 22, 2019

Cost: \$50 per child

Please note: This is a parented activity. Parents must remain on site for the duration of the practices/games.

Playgroup Winter/Spring 2019

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 form the neighborhood. For infants and children up to 4 years old. MLCA membership is required to register in this program.

Time: 9:30 – 11:00am **Ages:** 0 - 4 years

Cost: \$125 per family (pro-rated)

Please Note: Although only one fee applies per family, EACH CHILD must be registered and each name must appear on your receipt.

This is a PARENTED session; parents/guardians are required to remain on site for the duration of the program. There are four groups to choose from:

Playgroup Mondays

Every Monday from February 11 – June 17, 2019 Exceptions: No playgroup February 18, April 2 and May 21

Playgroup Tuesdays

Every Tuesday from February 12 – June 18, 2019

Playgroup Wednesdays

Every Wednesday from February 13 – June 19, 2019

Playgroup Thursdays

Every Thursday from February 14 – June 20, 2019

*Prorated registration is welcomed; there are still some open spots.

Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the spring session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath & movement, body & mind, heart & spirit. If you can breathe, you can do yoga!

Tuesday Yoga with Sophie

Date: Tuesdays from April 9 to June 25, 2019

Time: 7 - 8:00pm

Cost: \$120 for 12 sessions (pro-rated)

Wednesday Yoga with Sophie

Date: Wednesdays from April 10 to June 26, 2019

Time: 7 - 8:00pm

Cost: \$120 for 12 sessions (pro-rated)

Friday Yoga with Sophie

Date: Fridays from April 12 to June 28, 2019 (No Class on

April 19 and May 24) **Time:** 9:30 – 10:30am

Cost: \$100 for 10 sessions (pro-rated)

*NEW for spring 2019, must be a MLCA Member to join

Young Yogis

Come play yoga! Learn to move like a wild animal and sit still like a rock. Be strong and be bendy, too! Yoga is good at any age and a popular way to introduce children to healthy movement, balance, breathing and mindfulness. This class is ideal for children, aged 7 to 11 years. No previous yoga experience necessary. Get introduced at a young age to a great activity.

MLCA membership is required to register in this program.







Date: Wednesdays from April 17 to June 5, 2019

Time: 3:30 – 4:15pm

Cost: \$80 per child (pro-rated)

Seniors Yoga

Age doesn't matter, Yoga is for everyone!

Enjoy Yoga at the Senior level with the comfortable instruction from our great teacher Sophie! Move with strength and ease with a regular dose of yoga. This class is designed to encourage mobility at any age. Whether you're new to yoga or whether you've been practicing all your life, you'll enjoy the playful nature of this gentle yoga class.

MLCA membership is required to register in this program.

Date: Mondays from April 8 to June 17 (no class May 6, 20, and June 3)

Time: 11:30am - 12:30pm

Cost: \$80 per person + GST (pro-rated)

Seniors Fit

Join a community of seniors and older adults for a totalbody workout appropriate for any fitness level. Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

MLCA membership is required to register in this program.

Date: Wednesdays from April 10 to May 29 (No class

April 17 and May 15) **Time:** 10 – 11:15am

Cost: \$40 per person + GST (pro-rated)

Prancing Peanuts

Come join the Prancing Peanuts! This program is for children to get them involved in dance at an early age. This is an introduction to the basics of ballet in a fun filled environment. Encouraging your little one to express themselves through music while picking up some foundations of dance along the way. Requirements: ballet shoes or bare foot and a leotard or tights/leggings (tight fitting clothing).

MLCA membership is required to register in this program.

Date: April 25 to June 7, 2019

Time: 2-3-year-olds, Fridays, 9:30 – 10:00am 3-4-year-olds, Fridays, 10:05 - 10:45am 4-5-year-olds, Thursdays, 11:15 am – Noon

Cost: \$50 per child (pro-rated)

Idea Lab

After another successful season in the winter, we are continuing on with two new classes that will gear children towards a hands-on, fun learning experience relating to science and technology. This session we have two options:

Introduction to Robotics with **Dash and Dot:**

4:30 - 5:30 pm (5 - 7-year-olds)

Dash and Dot are clever bots that can be programmed in different ways and introduce students to the robotic world. Through a variety of activities students will gain skills in sequencing and coding. Students will gradually be introduced to new concepts and/or problems that will develop their problem solving skills based on different activities.

Minecraft Modshop and Level Design:

5:45 – 6:45pm (8 - 12-year-olds)

In this class, students will learn the basics of Minecraft as well as how to create modifications and scenarios that can be brought into Minecraft with just the touch of a button. They do so by creating blocks of code using a drag-and-drop coding system that can then be

~continued next page~

translated into Javascript. This gives students of all programming levels the ability to summon large buildings, change appearances of the game, and create worlds meant to follow rules that they have set.

MLCA membership is required to register in this program.

Date: Tuesdays, May 14 to June 11, 2019 **Cost:** \$120 per child, includes all supplies

Summer Day Camps-Registration Now Open!

Little Chef's Day Camp (Ages 8-10 and 11-13 years)

Treat your Little Chef to the experience of a cooking camp this summer at the MLCA. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. Participants will cook their own lunches so no need to bring a lunch! Other activities include swimming at the South Calgary Outdoor Pool, beach volleyball, and other fun outdoor games. MLCA membership is required to register in this program.

Date: July 8 - 12

Time: 9:00am - 4:00pm (8:30 - 9:00am drop-off time and

4:00 - 4:30pm pick-up time)

Cost: \$295 per child

MLCA Superstars – Multisport Camp (Ages 6-7, 8-9 and 10-11 years)

Your child is a Superstar no matter what their level of ability. Children will love playing a variety of sports throughout the day in our MLCA Superstars, Multisport camp. Sports include: soccer, tennis, beach volleyball, basketball, and baseball. Campers will also have a daily swim lesson at the South Calgary Outdoor Pool! Your child will also have the opportunity to play games, make crafts and netball. Children must be the required age prior to the first day of camp.

MLCA membership is required to register in this program.

Date: July 2 - 5, July 15 - 19 and July 22 - 26

Time: 9:00am- 4:00pm (8:30 - 9:00am drop-off time and

4:00 - 4:30pm pick-up time)

Cost: \$240 per child

Marda Loop Swim Club 2019-20

Registration for the 2019-20 Swim Club swim club is NOW OPEN!!

Join our recreational, non-competitive club for swimmers, ages 7 to 17 years. Our goal is to improve each swimmer's 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. Spots are filling-up fast.

Date: Mondays, September 2019-April 2020

Time: 5:30 - 7:00pm

Cost: \$175 (Tankers, Juniors, Intermediate) - 45 min or \$350 (Seniors) – 90 min (includes a \$50 non-refundable administration fee)

Swim Lessons 2019

Registration for Summer 2019 Swim Lessons OPEN this month!

Want to stay active through the hot summer months? Ready to learn an important life skill? Learn to swim at our outdoor pool with a Red Cross certified instructor. Swimming instruction for children ages 2 to 14 years. Programs start in July and run through August.

Please visit www.mardaloop.com_for more details.

Babysitters Registry

This service is available to all MLCA members with active memberships. Both babysitters and the interested families must have valid memberships. Individuals aged 11-17 years 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 MLCA and its Board of Directors do not pre-screen/sanction/verify any credentials for those using this service. The employer takes full responsibility for 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.

Women's English and 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 Thursday from 10:00am – Noon at 3818 14A Street SW (River Park Church). 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. For additional information contact Debra Colley at debrac@ciwa-online.com or 403-444-1752









Seniors Take A Vicarious Trip to Antarctica

At our gathering in early April, we visited the seventh continent through the eyes of Steve Intersano, who together with his wife, Janet Reid, are adventurers in every sense of the word. Steve's presentation included his own exquisite photography of the areas he and Janet visited in Antarctica. We boarded the Ocean Nova boat with him at Ushuaia and explored the epic White Continent through the famous Drake Passage cruising through the Falkland Islands and South Georgia Island.

Along the way, Steve showed us the local wildlife in their natural habitat – penguins, seals, dolphins, caribou and birds. There were species of penguins we had never heard the name of before – we just knew them as "Happy Feet" – but the King, Rockhopper and Chinstrap penguins as well as the Gentoos took

our breath away. Included with this article is a photo of a juvenile elephant seal (also known as a weaner - as they've just weaned off of their Mom) and a gentoo penguin. The bird that Steve is talking to/about in the other picture is a black-browed albatross.

We also found it difficult to keep track of the number and various types of grandiose icebergs and ancient glaciers we saw on the cruise. Fortunately, some of us remembered the growlers, bergie bits and tabular icebergs, so we passed honorably when Steve quizzed us!

During a quick stop on one of the islands, we were impressed by the intermingling of wildlife and how king penguins walk about while elephant seals lie around as if they own the place – but basically, they do.



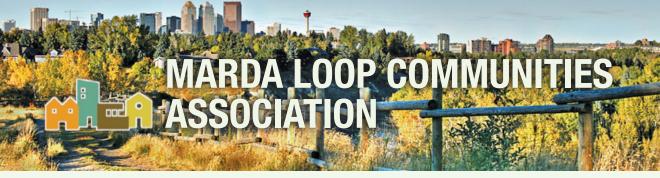
It was indeed an unforgettable journey which included a kayak trip with Janet and Steve in the Southern Ocean that surrounds Antarctica. Every adventure, no matter how grand, must eventually come to an end but with memories that will accompany us till we can go on our next expedition (Africa, we believe). According to Steve, he was "so glad everyone thoroughly enjoyed the presentation - I had a lot of fun presenting to your highly engaged and enthusiastic group"

We're hoping that the weather will continue to be good so that we can have an outdoor gathering on May 6 - fitness in the park, bocce ball, coffee and refreshments in the sun and maybe even some pickle ball if the courts are ready. Ah! Perchance to dream...

Anyway, if you're 55 years +, you're welcome to join us. Just make sure you have a current MLCA membership (only \$10 a year).

Heather Bhatty, Director "Seniors in the Loop" seniors@mardaloop.com





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Hall Services and Rentals Jacquie Brennan hallrentals@mardaloop.com

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: Street Address:	605 F .I	
Postal Code:	\$10 Senior	
Telephone: Email:	☐ I'd like to volunteer	
	e payable to "Marda Loop Communities Association". at 3130 - 16 Street SW, Calgary, Alberta T2T 4G7	

www.mardaloop.com/membership



Register online today www.chinookschoolofmusic.com Call: 403-246-8446 Visit: 3522 19 ST SW. Calgary, T2T 4X6



It's free, it's simple, sign up today!

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MLCA PRESCHOOL UPDATE

Little Hands. Big Hearts.

As this issue goes to print, our little ones have been busy getting their hands dirty and making a special keepsake just in time for Mother's Day. For the 5th year running, our 4-year-old classes enjoyed a field trip to Wildflower Arts Centre to learn about the art of clay-making and the wonders of the kiln. Our 3-year-old classes joined in on the clay-making fun with a classroom visit from the Clay for Kids mobile studio. Every student had the opportunity to make a special masterpiece of their very own, all made with wild imagination and a lot of heart!

In May we are excited to be kicking off a four-week yoga residency with Wymbin Yoga Studio. Wymbin is a youth and family focused yoga studio based in Inglewood and we are thrilled to be hosting them at the preschool to teach yoga, mindfulness, and physical literacy skills to our young students.

Parents, are you looking for a friendly, community-based preschool program for your 3 or 4-year-old? Registration for the 2019/2020 preschool year is now open and we invite you to visit www.mardaloop.com to find out more about our program, enquire about space or join the waitlist.

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 a short distance from the community centre, playground, ice-rink, library, fire hall, and a community garden.













MLCA Preschool

Kids are the heart of our community

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



Marda Loop Communities Association

1638 30 AVE SW

Find out more at www.mardaloop.com



Spring Has Sprung and Community

Clean-Up Is Coming Up

You can make a difference by donating your time for the Clean-Up Day on June 8th and Stampede Breakfast on July 13th. Please contact Serge to put your name on the list volunteer@mardaloop.com

Serge Fenyuk, Director of Volunteers





NEIGHBOUR DAY SATURDAY JUNE 15

Come and celebrate our great neighbourhood of Marda Loop

MLCA HALL, 3130 16 ST SW, Calgary 1:00 - 3:00pm

Bouncy Castle





Music



Face Painting



Special frozen treat

Rock Painting*



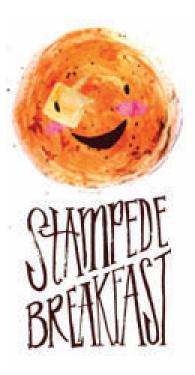
Register today for this FREE event at:

www.mardaloop.com/events

*bring your favourite rock



Marda Loop Communities Association



Saturday July 13, 2019 9am - Noon MLCA Hall, 3130 16 ST SW

Pancake breakfast - Pony rides - Bouncy castles - Petting zoo and more...

Marda Loop Communities Association





We are excited to announce the vendors for Indulge 2019 and this year we have more support than ever from our local vendors! If you have attended our premiere fundraising event, you know that this fantastic evening would not happen without the participation and contribution of our local vendors.

Vendors who have provided unwavering support include The Trop, Merchants, Original Joe's, Fresh Kitchen, Springbank Cheese, The Garrison Pub, Our Daily Brett, Mangia YYC, 8 Cakes Bake Shoppe, David's Tea, Wild Rose Brewery, Banded Peak and Redback Wines.

Not only will these local establishments be back for Indulge 2019, we are thrilled that NEW vendors are joining the line-up! **Master Chocolat, Forage** and **Papa Murphy's** are welcome additions to the Indulge family! Also joining us again this year will be **CaVa Bien** with their spinning wheel and prizes and **Surrideo** will be back with their fun photo booth!

We are so thankful for this support. This is a tough year for many businesses and individuals, and our local merchants are stepping up to the plate to provide tasty samples at our fundraiser. This is the community spirit that makes Marda Loop so fantastic - THANK YOU!

We will be setting up The Loop Lounge again this year as a place to chat and rest your dancin' shoes! In addition to the candy bar sponsored by **MRG Wealth Management**, we will also be selling drink tickets and opening a bar in the lounge for later on in the evening!

Givergy has kindly supported Indulge again this year by providing electronic bidding for our silent auction! The

competition and fun that builds throughout the night from the auction is palpable. Once again, bring your smartphone and when you bid on an item, you will receive automatic updates. Forgot your phone? No problem, we will have tablets available to process your bids. In addition, all items will be described five days prior to the event so that you can check them out beforehand and start bidding early and often!

We continue to look for donations: event tickets, sports memorabilia, spa packages, dinners, electronic items... we are happy to pickup any donation items!

We can't wait to transform MLCA's parking lot into a place of celebration that reflects the spirit, energy and commitment of our vendors, sponsors, volunteers, and community.

Join us on May 25. Eat. Drink. Indulge! Tickets at mardaloop.com/events.

Please take a moment to acknowledge our sponsors who are a huge part in making Indulge a success:

Sommelier

Our lead sponsor this year for an amazing 4th year in a row is **William Blake Homes**

Grand Reserve

Our Grand Reserve Sponsors are: Audi Glenmore, Modern Rentals, Mortgage Connection and Surrideo Orthodontics

Reserve

Joining us as Reserve Sponsors are: **Tanya Eklund** and **Ronmor** ~continued next page~

MLCA CRIME PREVENTION

Apartment/Condo Security Tips

Marda Loop and its surrounding communities are growing and the majority of growth is from new condo and apartment buildings. With the increase in residents and activity, comes the increased possibility of apartment/condo theft. Here are some tips and great reminders if you reside in a condo or apartment.

- Always make sure the garage door or building door are closed behind you when coming or going
- Never hold the door open for someone you don't know. Tell them to buzz the person they are visiting or management
- Never let someone into the building from your intercom, regardless of the reason they give you, simply direct them to the resident manager
- Always keep the door to your apartment locked, even when you are at home. Check your windows and balcony door lock to ensure they too are locked
- Never prop open entrance doors and leave them unattended. If you are moving, post someone at the door
- · Report lost keys immediately to building management
- Use your first name initial with your last name on the mailbox, or buzzer list. Don't use Mr. or Miss, or Mrs.
- If valuables can be seen in a storage room, either conceal the items or store in your apartment, and
- Report any suspicious activity, get to know your neighbours, and keep communication with your building community tight.

The MLCA Crime Prevention Committee does not supersede Emergency Services such as Police, Fire, or Ambulance. If you have an emergency, call 9/11. If you would like to share information to educate your neighbours, email us at crimeprevention@mardaloop.com

INDULGE cont'd

Vintner

New this year are our two Vintner sponsors: **MacKay** Law and Tamara Stearns

Enthusiast

The wonderful teams joining us as Enthusiast sponsors are: Charles Real Estate, Eye Gallery and MRG Wealth Management

If you would like to become a sponsor, vendor, or donate an item for our silent auction, please email indulge@mardaloop.com.



MEMBER DISCOUNT PROGRAM

Introducing the MLCA Member Discount Program

To offer additional benefits to our members and encourage membership growth, the MLCA is implementing the MLCA Member Discount Program effective May 1, 2019 and is now issuing membership cards to MLCA members. If you are a current member of the MLCA, you should have received your MLCA membership card in the mail by April 30 – if you did not, please email the MLCA office at info@mardaloop.com to follow up.

The following Marda Loop businesses now offer exclusive discounts or other benefits to MLCA members. You will need to show your MLCA Membership Card and ask to receive the discount or benefit.

Original Joe's - Lunchtime 11 am – 3pm: Burger (beef or chicken) and beer or wine for \$13. Late Night 9 pm - close: half-price appetizer

Phil and Sebastian – 10% discount for all espresso bar drinks (coffees, teas, hot chocolates)

Cellular Cellar – 25% off all accessories and service fees

Eye Gallery - 10% off a complete pair of prescription glasses or a 1-year supply of contact lenses

Marda Loop Braces - Show your membership card and get a free Sonicare toothbrush! (with the start of new full treatment at Marda Loop Braces. Multiple discounts do not apply)

Siena Flooring - 10% off all flooring orders booked by a MLCA Member

Yoga & Meditation Centre of Calgary - 5% off everything we sell including memberships, passes, workshops, trainings and all store items. This cannot be used with any other promotional offerings

Thanks so much to these local businesses for supporting the MLCA by being the first to join the MLCA Member Discount Program. We hope to add several other businesses to our program in the coming months. If you are the owner or manager of a business in Marda Loop and would like to know more about the MLCA Member Discount program, please email Kevin at gm@mardaloop.com.



COMMUNITY	CATEGORY	2018 December	2019 January	February	
ALTADORE	Assault (Non-domestic)	1	-	-	
ALTADORE	Commercial Robbery	-	-	-	
ALTADORE	Street Robbery	-	-	-	
ALTADORE	Violence 'Other' (Non-domestic)	1	1	1	
ALTADORE	Residential Break & Enter	7	2	6	
ALTADORE	Commercial Break & Enter	1	1	2	
ALTADORE	Theft OF Vehicle	1	1	3	
ALTADORE	Theft FROM Vehicle	2	4	6	
ALTADORE	Social Disorder	14	19	13	
ALTADORE	Physical Disorder	2	1	1	
SOUTH CALGARY	Assault (Non-domestic)	2	2	-	
SOUTH CALGARY	Commercial Robbery	1	-	1	
SOUTH CALGARY	Street Robbery	-	-	-	
SOUTH CALGARY	Violence 'Other' (Non-domestic)	1	-	-	
SOUTH CALGARY	Residential Break & Enter	-	7	2	
SOUTH CALGARY	Commercial Break & Enter	5	10	8	
SOUTH CALGARY	Theft OF Vehicle	3	1	5	
SOUTH CALGARY	Theft FROM Vehicle	3	4	3	
SOUTH CALGARY	Social Disorder	16	33	23	
SOUTH CALGARY	Physical Disorder	2	3	4	

Source: Calgary Police Service http://www.calgary.ca/cps/Pages/Statistics/Calgary-Police-statistical-reports.aspx

Are you interested to help make our neighbourhood safer by educating neighbours on crime reduction strategies to make our neighbourhood less appealing to criminals? Consider joining the Marda Loop Communities Association's Crime Prevention Committee! Reach out to crimeprevention@mardaloop.com for more details.



Finding good tenants is hard. We make it easy. Let's get started.

Call me: Brad Currie, Broker/President Your Property Is Our Priority.



Marda Loop Real Estate Update

Last 12 Months Altadore MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	\$824,900	\$795,000
February 2019	\$1,599,999	\$1,545,000
January 2019	\$731,950	\$706,000
December 2018	\$1,245,000	\$1,160,000
November 2018	\$1,395,000	\$1,320,000
October 2018	\$787,450	\$752,500
September 2018	\$676,450	\$638,750
August 2018	\$1,124,900	\$1,085,000
July 2018	\$999,500	\$983,000
June 2018	\$899,900	\$875,000
May 2018	\$880,250	\$850,750
April 2018	\$1,199,500	\$1,106,250

To view more detailed information that comprise the above MLS averages please visit **alt.mycalgary.com**

Last 12 Months South Calgary MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	\$419,900	\$390,000
February 2019	\$609,900	\$595,000
January 2019	\$475,000	\$460,000
December 2018	\$0	\$0
November 2018	\$594,500	\$562,500
October 2018	\$679,900	\$682,000
September 2018	\$0	\$0
August 2018	\$689,500	\$680,000
July 2018	\$624,950	\$614,500
June 2018	\$759,000	\$755,000
May 2018	\$1,214,900	\$1,190,000
April 2018	\$799,900	\$785,000

To view more detailed information that comprise the above MLS averages please visit **soc.mycalgary.com**



Last 12 Months Garrison Woods MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	\$0	\$0
February 2019	\$569,900	\$552,500
January 2019	\$1,324,000	\$1,220,000
December 2018	\$0	\$0
November 2018	\$549,900	\$527,500
October 2018	\$669,900	\$635,000
September 2018	\$0	\$0
August 2018	\$724,900	\$718,500
July 2018	\$961,450	\$940,000
June 2018	\$749,800	\$710,000
May 2018	\$1,175,000	\$1,088,750
April 2018	\$0	\$0

To view more detailed information that comprise the above MLS averages please visit **gaw.mycalgary.com**



Community Clean-Up Day - June 8

On Saturday, June 8, the MLCA is hosting its 5th Annual Community Clean-Up Day from 9:00am - 2:00pm in the MLCA parking lot (3130 16 ST SW, Calgary).

QUESTIONS?

Can I bring old wicker patio furniture?	Yes, it will go in packer trucks
What about car batteries?	No, but you can drop off at Lincoln Park/Garrison Green Fire Station #20 (2800 Peacekeepers Way SW) 7 days a week between 8 am and 6 pm
What about paint?	Yes, we have a paint recycler participating
How about old appliances?	Yes, we have a metal recycler participating
Do I need to register in advance?	No, just show up
Is there a cost?	No, but donations are appreciated

The goal is to save residents a trip to the landfill for items that do not fit in their waste and recycling carts and for those who do not have cart service. This service is free of charge to all Marda Loop Communities residents (South Calgary, Altadore, River Park and Garrison Woods)

The City of Calgary supplies three packer trucks (two for waste and one for organic materials).

There are several items that the City of Calgary's packer trucks will not accept. So, we have arranged support from the following community-minded businesses:

- Liberty Tire Recycling will take your old TIRES
- Women In Need will take your women's and children's **CLOTHING and HOUSEHOLD GOODS**
- Mustard Seed will take your men's CLOTHING
- eCycle Solutions will take your HOME ELECTRONICS

- · Bastien Family Metal Removal will take all sizes of MET-AL WASTE (\$20 service fee for anything that is refrigerated or contains freon)
- The Urban Painter will take your PAINT (best to bring paint early as they leave the event once their trailer is full!)
- · Yard waste leaves, branches, plants, grass clippings and other yard waste (excluding sod) will be accepted at Community Clean-up events for composting. Yard waste must be separate from other items. All of the organic materials collected will be taken to one of the Calgary's composting facilities.
- Free Zone stuff you don't want and can't be bothered having a garage sale? Bring it to our Swap Centre.

Any questions or suggestions for other recycling services? Please email: sustainability@mardaloop.com



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 - 24 hour onsite care teams



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LIFE CENTERSTM

www.themanorvillage.com





Other Calgary Manor Village Life Center locations: Varsity • Huntington Hills • Rocky Ridge • Fish Creek Park (opening July 2018) • Currie Green (under development)



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BUSINESS CLASSIFIEDS

PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Mention this ad for our \$25.00 service call.

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www. official-plumbing-heating.ca.

A & B TAX WILL HELP TO MINIMIZE YOUR TAX BILLS: Small Business, corporate returns, bookkeeping, payroll, GST. Bring this ad and receive \$50 off your service. Call 403-457-3991 or email info@aandbtax.ca.

AFFORDABLE DENTAL CARE: We follow all dental insurance fees. No extra billing, surprises, fluff or frills! Direct billing OAC. You only pay your portion and get a tax receipt. Visit calgarydentalcenters.com or call 403-272-7272 or 403-287-6453. Cut through the noise and save money! Live better!! Uncomplicate your dental care.

BASEMENT WINDOWS R-US: New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Call 403-201-0317 or Cell 403-660-0612.

WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly, biweekly or monthly cleanings. I also specialize in post construction clean ups, move in or move out cleanings as well. Please call Malou at 403-698-3958.

ROSE CLEANING: Offering residential, commercial, carpet, upholstery, auto interior detailing, professional cleaning. Meet our amazing staff! References available. 403-667-0137; ruizrosa79@hotmail.com; www. rosecleaning.ca. call for a free estimate.

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.

ONE OF THE BEST HAIRCUTS: you will ever have is in your neighbourhood. Jay Lamb has over 30 years' experience in salons, such as Angles and The Ginger Group. He uses only Natulique hair colour, the gentlest, least toxic colour on the market. Flow is a relaxed, homebased art studio and salon. Welcome. Flowhairsalon. com. 403-281-1704.

LOCAL HANDYMAN - RELIABLE HOME SOLUTIONS:

Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

MICASA ROOFING & GENERAL SERVICES: Helping you with all your roofing needs. Leak detection, reroofing, gutter cleaning, blown off shingles, flashing replacement. 10 years' experience in Calgary. Call David for a free estimate at 403-618-4562.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric. com or call Clayton at 403-970-5441.

MANNAS THERAPY AND CONSULTING: Elizabeth is a Registered Social Worker and has over 12 years' experience in working with PTSD and trauma, depression and anxiety, as well as other concerns. Elizabeth offers both individual and couples' therapy and is conveniently located in Marda Loop. Please see www.mannastherapy. com for more information.

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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THE PROFESSIONAL PAINTER: We are not cheap painters, so please your wife and paint your house. Call John Hania for a quote: 403-700-7739.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

BOOKKEEPING, TAX PREPARATION, PAYROLL, GST: I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

NIP AND TUCK YARD CARE: is an owner-operated lawn care business based in SW Calgary. Spring clean-up package includes power rake, mow, fertilizer application, thatch and leaf clean-up, starting at \$129. Weekly or bi-weekly mow and trim starting at \$35. Core aeration \$55. Please call 403-589-9408.

PROFESSIONAL ACCOUNTANTS: Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to www.padgettcalgary.com for more information.

A+ CANADIAN CLEANING: BBB accredited, customized, pet-friendly cleaning. Locally owned and operated 11+ years. Bonded, licensed, insured. Same ladies every time. More information at www.apluscanadiancleaning. com. Call or text Laura, 403-370-5885.

WINDOW CLEANING BY REGAL HOUSE CLEANING: we use the latest pure water system that leaves your windows streak-and-spot-free for longer. No harsh soap or chemicals used. Professional service with amazing prices from \$99 for all outside windows. Call us for a free quote, all areas covered. Licensed, insured with WCB coverage. Call 403-470-5069, www.regalhousecleaning@hotmail.com.

TDS DECORATING SERVICES LTD: Residential painting in Calgary for 36 years. We spray ceilings; brush and roll walls; spray woodwork, minor carpentry and drywall repairs; cover-up and clean-up. Top quality, low VOC waterborne paints. Colour consultations, senior discounts, no deposits, WCB, liability insurance. Call Tom at 403-452-3648 or 403-606-3381 for a free estimate.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. All staff licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

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Councillor, Ward 8
Evan Woolley
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5

€ 403-268-2430

Development Planned in Your Neighbourhood Online

Communities in Ward 8 experience more development than any other. Whether it's a new single-family home or a large new development, there's always new development happening. Now, you can find out about the changes taking place in your community in one easy place.

While The City is ending some newspaper listings that notify development changes, visiting www.calgary.ca/pdmap will show you a great interactive map with all the planned development applications that are currently being considered by The City of Calgary. After May 16th, Development Permits will no longer be published in newspapers.

Available 24/7, new applications are added to the map when The City receives them and updated as the file progresses through the approval system. Calgarians can see land use redesignations, submit comments on proposed developments, check public hearing dates, file appeals and more.

This helpful online tool provides you with a streamlined, more accessible way to get information and participate in development activity in your community. Other ways for Calgarians to keep up to date on activities in their area include signage on development sites, letters that come in the mail and notices in the Herald newspaper.

To learn more ways The City's Planning & Development Department is improving communications with citizens, visit www.calgary.ca/PDnotifications



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.**

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

SAFE & SOUND

10 Tips for Dating Safety

by Lorna Selig, Personal Safety and Self Defense Facilitator

Dating can be a wonderful and exciting experience, or it can be an outright disaster! Either way you experience it, make sure you have your wits about you and take precautions for keeping yourself safe.

- 1. Let your people know where you are going, and with whom, and when you expect to be home. Provide the name and number of the person you will be meeting, and the exact location of your date. If anything changes, keep your people updated.
- Use your own transportation. Never ride in a vehicle with someone you are just meeting. You need to keep you home address private, and if you need to make a quick getaway, you can!
- Meet in a well-lit public place. A coffee shop, a restaurant or event where there are people, lights and activity.
- 4. Never leave your food or drink unattended. Accept a drink only from a bartender or waitress and keep it with you.
- 5. Stay sober and alert! Every. Single. Time!
- Protect your personal information—keep your wallet and phone with you, and do not offer any details about where you live or work.
- 7. Establish your personal boundaries in advance of the date. Plan for when you will leave, and how you will get home, even if you are having a good time. Decide on what type of conversation and interaction you will welcome, and what you won't. Be solid in your decision.
- Google them. Find out what kind of activity they engage in online, if you have any reservations, cancel the date.
- Follow your gut. If you feel reticent or uncomfortable, leave the situation. DO NOT worry about hurting someone's feelings...it is better to offend them than be harmed.
- 10. Take a self-defense class. Learn the skills for awareness, avoidance and escape.

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\$168 Million to Protect Calgary from Flooding

In September 2015, I had a phone call with thencandidate for Prime Minister, Justin Trudeau, about our priorities for Calgary. I said they were pipelines, affordable housing, LRT funding, and flood mitigation.

I detailed how the downtown economic engine of our city had flooded in 2013, how the whole city was virtually shutdown, how there was upwards of \$6 billion of financial losses and property damage, and how five lives were tragically lost. Further, I pointed out that the previous Conservative federal government had contributed \$0 to Alberta flood mitigation.

In short, I told the Prime Minister that it wasn't about whether Calgary would flood again, but when. A week later, we promised to fund flood mitigation infrastructure in this city.

Promise made, promise kept.

Last week we announced our Liberal federal government's \$168 million investment in the Springbank Off-Stream Reservoir. This important and life-saving project will store water temporarily during a flood, keeping our city, people and businesses protected.

The money is coming from our government's \$2 billion Disaster Mitigation and Adaptation Fund, which is for infrastructure projects that will protect communities from natural disasters.

This is in addition to the \$63 million we have already invested in Alberta flood mitigation. These investments are about keeping our city protected, and letting people build their lives and businesses build their operations without the fear of having it all uprooted.

I am very proud of this funding and the proactive measures being taken to protect Calgary against the threat of flooding. It's yet another example of how our government is delivering on infrastructure funding for our city.

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Sutton Group - Canwest

Parade of Garage Sales in Garrison Woods & Altadore Saturday, June 1st 9 am - 2 pm

It's time to clean out your storage rooms, closets and garages!
Register by Sat. May 25th to receive your free signs and maps.
Call Dorthea to register
403-554-9898

