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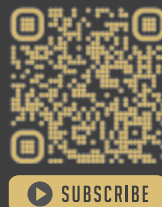
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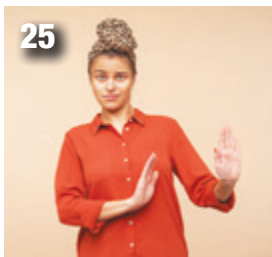
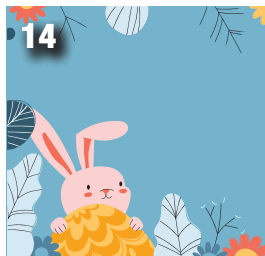
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Fascinating Floral Concepts at Seniors' Get Together

"Say it with Flowers" they say, and everyone knows the joy a beautiful bouquet brings to the heart. Right here in our community among our senior members, we have someone who has been raised in a family closely connected with flowers. Pam Leonard is now a familiar face at the Gardenia Flower Boutique in Marda Loop and we had the privilege



to have her share some tips and tricks with flowers. These are certainly bound to impress any recipient and fit any occasion. Pam turned a bouquet of lisianthus, alstroemeria, green mini hydrangea, big bloom thistle, commercial mums, misty blue limonium, tulips, pink hypericum, and some greens called madrona into beautiful arrangements that could adorn a lunch table or make an awesome hostess gift.

If you know someone in our community who would like to join our seniors' group, call the Marda Loop Community Association office and ask how to reach me. We meet once a month, usually on the first Monday of the month, and always have great guest speakers as well as enjoy getting together for fun and games.

Heather Bhatti

Director, Seniors in the Loop



Chinese Zither Concert
6:30pm May 13, Bella Concert Hall
guzhengcalgary.com/future-events

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Vice President	Tom Rosettis vp@mardaloop.com
Past President	Vacant
Treasurer	Lisa Batteke treasurer@mardaloop.com
Secretary	Siwei Chen secretary@mardaloop.com

Directors

Events	Aranka Rosettis events@mardaloop.com
Indulge	Minx Rai indulge@mardaloop.com
Marketing	Vacant marketing@mardaloop.com
Membership	Andrew Lambert membership@mardaloop.com
Mobility	Andrea Joyce mobility@mardaloop.com
Planning and Development	Kim Kemper development@mardaloop.com
Preschool	Alicia Smith preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Jeremy D'Mello sponsorship@mardaloop.com
Sports and Recreation	Rob Baillargeon sportsrec@mardaloop.com
Sustainability	Marisa Mazepa and Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Vacant atlarge1@mardaloop.com
Director at Large 2	Hugo Batteke atlarge2@mardaloop.com

Other Important People

The Source (Newsletter Editor)	Kevin Forbes gm@mardaloop.com
-----------------------------------	----------------------------------

Staff

General Manager	Kevin Forbes gm@mardaloop.com
Accountant	Karen Murphy accounting@mardaloop.com
Hall Services and Rentals	hallrentals@mardaloop.com

Monthly MLCA Board Meeting

If you would like to address the Board, or simply attend one of these meetings, please contact president@mardaloop.com.



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Spring Programs Registration Now Open!

Spring is in the air, and so are our programs! Continue your momentum of staying active and involved with a variety of popular programs. This includes: Peanuts Soccer, Barre Sculpt, Senior Fit, Yoga, Axe Capoeira, and more!

Our summer day camps are also open for registration. Don't waste time, register now!

Spring programs run from April to June.

www.mardaloop.com/programs/

Please see below for details on some of our offerings:

Peanuts Soccer – Registration Now Open!

Peanuts Soccer is one of our most popular programs as it is fun-based soccer for children aged 3 to 6. We provide jerseys, equipment, and have some other fun activities during the season such as our Wrap-Up Party with bouncy castles.

This program is only \$50! All supplies included!

It runs May and June on Saturday mornings.

To register and see more details, visit mardaloop.com/programs/.

Axe Capoeira – New

Axé Society for Capoeira (Axé Capoeira Calgary) is a non-profit organization dedicated to the celebration of Brazilian culture through Capoeira, Afro-Brazilian dance, and percussion. It is their mission to foster culture, community, and confidence.

They have proudly been active in Calgary and surrounding area since 2005 offering Capoeira, dance, and music classes, performing in festivals, as well as working with Calgary Board of Education, Calgary Catholic School District, and Rocky View school division. They continue to stand by our commitment to provide accessible programming; serving our community remains a top priority.

It is their belief that Capoeira is for everyone and the benefits are essential in the quest for healthy living. Strength, stamina, agility, flexibility, balance, language, and expression of the body and mind as well as stress reduction are just some of the ways one can expect noticeable changes take place.

Date: Tuesdays from April 11 to June 13

Youth (Ages 6 to 12)

Time: 4:00 to 5:00 pm

Cost: \$100 for 8 sessions (Pro-rated)

Prancing Peanuts Spring Session

The Peanuts are back this spring! 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.

New: We've added a new 5- to 6-year-old class in the spring due to popular demand! It will follow the aged 4 to 5 group on Thursdays.

MLCA membership is required to register in this program.

Requirements: Ballet shoes or bare foot and a leotard or tights/leggings (tight fitting clothing)

There are four age groups to choose from:

- Ages 2 to 3 - Fridays from 9:00 to 9:30 am
- Ages 3 to 4 - Fridays from 9:50 to 10:30 am
- Ages 4 to 5 - Thursdays from 4:00 to 4:50 pm
- Ages 5 to 6 - Thursdays from 5:00 to 5:50 pm

When: April 20 to June 9

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

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 and movement, body and mind, heart and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

Wednesday Yoga with Sophie

Date: Wednesdays from April 12 to June 14, 2023 (No class April 26 and May 24)

Time: 7:00 to 8:00 pm

Cost: \$100 + GST for 8 sessions (Pro-rated)

Friday Yoga with Sophie

Date: Fridays from April 14 to June 16, 2023 (No class May 26 and June 2)

Time: 9:30 to 10:30 am

Cost: \$100 + GST for 8 sessions (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: Thursdays from April 13 to June 15, 2023 (No class April 27 and May 25)

Time: 11:15 am to 12:15 pm

Cost: \$100 per person + GST for 8 sessions (Pro-rated)

Seniors' Fit

Beth is back and ready to get back at it for spring!

Due to popular demand, we added an additional day for Senior Fit last year. You can now choose either Tuesday or Thursday or do both! With adding the extra class, we had to change the date and time, and the feedback has been positive.

Join a community of seniors and older adults for a total body 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: Tuesdays and/or Thursdays from April 18 to June 15, 2023 (No class April 25 and 27, and May 23 and 25)

Time: 1:30 to 2:45 pm

Cost: \$75 + GST for 7 sessions (Pro-rated)

Barre Sculpt – Spring

Jen is back with a new class time after a small hiatus!

Join us for a 60-minute class where you can tone and sculpt your whole body. Taught by our instructor, Jen, she will use light weights and resistance bands with high repetitions to create an effective burn. This is designed to lengthen and strengthen your muscles to create a leaner and stronger physique.

MLCA membership is required to register in this program.

Date: Tuesdays and/or Thursdays from April 11 to June 1, 2023 (No class April 18 and 27, and May 23 and 25)

Time: 5:15 to 6:15 pm

Cost: \$60 + GST for 6 sessions (Pro-rated)

Playgroup Winter/Spring 2023

Continue on with Playgroup this spring!

Playgroup is a Marda Loop community program that offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighbourhood. For infants and children up to 5 years old. MLCA membership is required to register in this program.

Time: 9:30 to 11:00 am

Ages: 0 to 5

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 onsite for the duration of the program.

Four groups to choose from:

Playgroup Mondays

Every Monday from February 13, 2023, to June 12, 2023. Exceptions: No playgroup February 20, April 10, or May 22. *Note: For the holiday Mondays, you may join another day to make up your session!

Playgroup Tuesdays

Every Tuesday from February 14, 2023, to June 13, 2023

continued on next page



Playgroup Wednesdays

Every Wednesday from February 15, 2023, to June 14, 2023

Playgroup Thursdays

Every Thursday from February 16, 2023, to June 15, 2023

Summer Day Camps – Registration Now Open

Registration is now open for summer day camps! We will have our usual:

• MLCA Superstars

Consider this the potpourri of camps! Children will love playing a variety of sports throughout the day in our MLCA Superstars, multi-activity camp.

Sports include soccer, tennis, netball, beach volleyball, and pickleball. We've also included special activities such as yoga in the past. We're hoping to include some swimming at the newly renovated pool this season as well!

Your child will have the opportunity to play games, make crafts, and sing some great songs! Children must be the required age prior to the first day of camp.

• Little Chefs

Treat your little chef to the experience of a cooking camp this summer at the Marda Loop Community Association. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. They will experience different cultures through food and get to discover themselves.

Children will also learn about growing healthy food and will have the opportunity to learn about gardening at the South Calgary Garden adjacent to the community hall. Participants will cook their own lunches so no need to bring a lunch! There will also be time for several other outdoor activities!

• Other

We're also working on one or two other unique camps which should be updated on the website, so please stay tuned to our various channels!

Camps run from July through to August weekly.

Please visit the website for more details and to register!

<https://mardaloop.com/programs/>

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 to 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 babysitters' 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.

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
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**BRAIN
GAMES**

SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
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Acrobatic Skunks



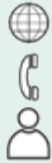
Shy and about the size of a squirrel, the spotted skunk has a unique way of warning its attackers to back off. When threatened, this tiny skunk will flip itself into a handstand with legs splayed out. It

will also puff up its tail to look bigger. If the threat remains, these tiny acrobats will then spray their attacker from upside down!

MLCA MEMBERSHIP

INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit www.mardaloop.com/membership

Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

ANNUAL MEMBERSHIP FEES

Family	\$30
Individual	\$20
Senior (65+)	\$10
Associate	\$35
Senior Associate (65+)	\$10

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- Great programming and events
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- Access to tennis/pickleball and volleyball courts
- Discounts on hall rentals
- Supporting your community!
- Voting privileges at the MLCA AGM & Special Meetings
- AGM Info: mardaloop.com/events/mlca-agm

MLCA Member Discount Program

The purpose of the MLCA Member Discount Program is to increase MLCA memberships and to provide greater value to our existing members by partnering with our local business community, who will offer our members a special discount or benefit when they shop at the local business establishment.

360 Brain Body	Eye Gallery	Original Joe's
8 Cakes	EverFlex Calgary	PHI Medical Aesthetics
Altadore Dental	Fishman's Wet Cleaners	Phil & Sebastian
Bankview Barber Shop	Fresh Kids	S2 Fitness Studio
The Brewers Apprentice	Gelous Spa	Siena Flooring
Cellular Cellar	Inhale Exhale Massage Therapy	Skintelligence Esthetics
Chica Beauti Bar	Yoga & Meditation Centre of Calgary	Southwest Auto Service
Chinook School of Music	Master Chocolat	Studio Jewellers
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Cookie Occasion	Marda Loop Brewing Company	Taylor Made Pilates
Counterpoint Dance Academy	The Military Museum	Vive Artistic Nails & Spa
CurryQueens LTD	Modern Rentals	Wisp Boutique Salon and Aesthetics
DYP Refillery		

*For Details of all available Membership Benefits and for more information visit:

<https://mardaloop.com/community/mlca-member-discount-program/>



8th MLCA COMMUNITY RECYCLING DAY

The Marda Loop Community Association and the City of Calgary Waste & Recycling Services and Community Standards have joined forces again this year to help MLCA residents dispose of unwanted household items and property waste.

Saturday April 22nd

9:00 am – 1:30 pm

MLCA Parking Lot

3130 16th Street SW



ACCEPTING:

Household Waste (City of Calgary)

Home Electronics (Shanked Computer Recycling Inc.)

Metals (ALCOP Resource Recycling Inc.)

NO propane tanks, refrigerators, freezer, AC units, rims with rubber or batteries

Clothing, Household Items and Furniture

(The Calgary Drop In Centre)

**** **NEW THIS YEAR******

Friday April 21st (9:30am to 3:00pm) curbside pickup of unwanted gently used furniture by the Calgary Drop In Centre.

All items must be in good shape or the drivers will not collect.

Please email sustainability@mardaloop.com if you are interested in this new offering.

NOT ACCEPTING:

Glass

Household Chemicals

Liquids (Oils)

Alkaline Batteries

Refrigerated Appliances

Propane Tanks

Railway Ties

Tires

Paint

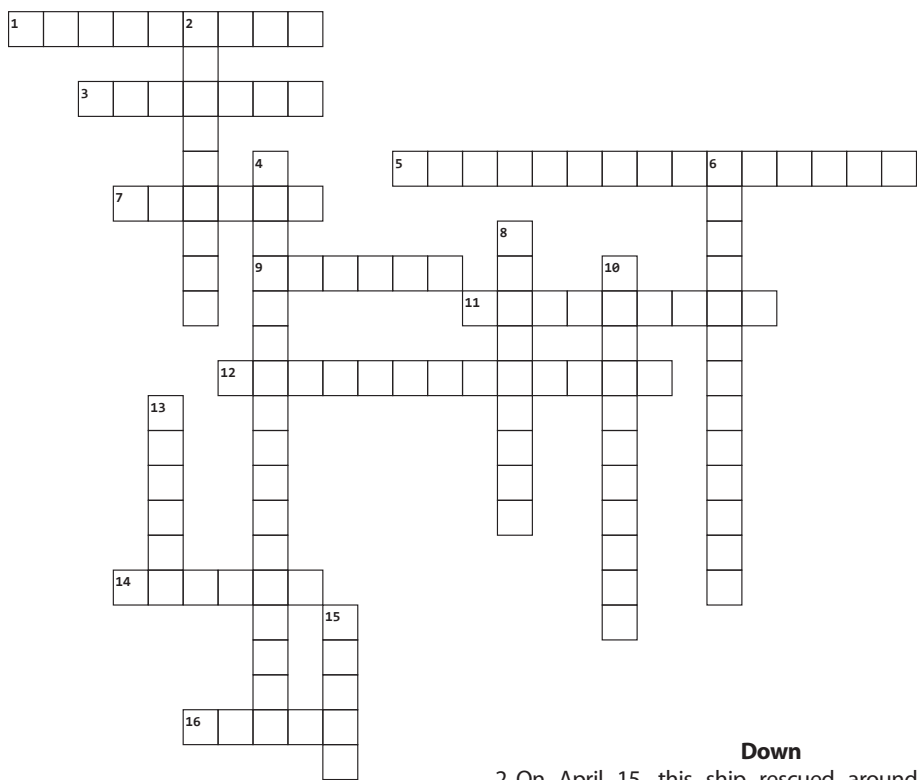
SWAP ZONE:

This area is available to dispose of/or recycle gently used sports equipment or household items such as, toys, dishes, furniture, etc.

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



April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April.'
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæg-es-eage'.

SCAN THE QR CODE FOR
THE ANSWER KEY





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Calgary's Pathways: Where People and Nature Meet

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

It's springtime! Soon Calgarians en masse will be out and about on the city's 1,000 km of pathways. This is the largest urban pathway network in the world! But it was not always so.



Although city plans back to 1910 referred to Calgary's impressive inventory of natural features and open spaces, which could be enhanced with connections between them, it wasn't until the 1970s that multi-use pathways started becoming a reality.



Confederation Park received the city's first official pathway. Created to celebrate Canada's centennial, the park reflects Superintendent Harry Boothman's vision for an area that supports Calgarians' activities and preserves the existing coulee environment, vital to flood control. The pathway was constructed in the early 1970s and it still meanders parallel to the creek that is the centre of the park.

Calgary's network really got going when the "Bow River Pathways" was formalized for the city's centennial in 1975. Today, the Pathways spans 48 km between Bearspaw Dam and Fish Creek Provincial Park. Although the Chinook Trail Association started a dirt path along the Bow River's north side in 1969, construction of the Pathways heralded a new era for the city's pathway network and parks.

Further development of the network was a result of Calgarians' input for more recreational choices and for the protection and enjoyment of the city's natural spaces. The network subsequently grew to connect the Bow River to the Glenmore Reservoir via the Elbow River Pathway, with extensions moving out from the rivers, such as the Nose Creek Pathway.



Mattamy Greenway Royal Oak
(Author Lori Beattie Fit Frog Adventures)

Today, the network has grown far beyond the rivers and reservoirs. The Rotary/Mattamy Greenway's construction began in 2010 and it now encircles the city with 145 km of pathways that connect 55 communities. It's a unique multi-use pathway that continues the legacy of the pathway network, where people and nature meet.

Before heading out for the 2023 season, remember the efforts of Calgarians in building and maintaining a network that facilitates the enjoyment of our urban lives while taking in and preserving our stunning natural environment.



Patterson Slopes Pathway
(Author Lori Beattie Fit Frog Adventures)



How to Meet Your Neighbours

A message from the Federation of Calgary Communities



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!

3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

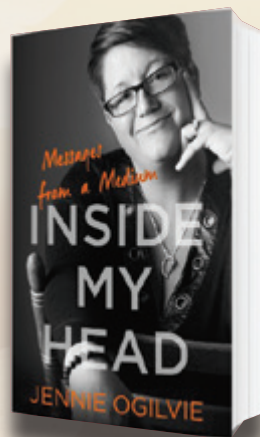
Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.



**A Fireside Chat with
The Unconventional Medium**

**JENNIE
OGLIVIE**

LAUGH. CRY. REPEAT.



APRIL 18, 2023

MLCA HALL

3130 16th St SW

7PM - 9PM

Save the Date

Watch the Source and Social Media for information on our 2023 events

- **Apr. 18: Fireside Chat**
- **Jul. 15: Stampede Breakfast**



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Marda Loop Communities Association



MLCA PRESCHOOL UPDATE



Have you heard? MLCA Preschool has a new program for the 2023/24 school year! We are now offering a five day a week afternoon for four year old's Jr. Kindergarten. This program will offer additional learning opportunities such as numeracy, science, and physical development. There are still spots available! Please email preschoolregistrar@mardaloop.com with any questions or to register. With the new government subsidies, it is as affordable as ever.

We are looking for members to join our committee for the next year! It is a fun way to get involved in the school and meet other preschool families. There are positions such as treasurer, director, volunteer coordinator, secretary, and a few more. If you are at all interested, please email preschooldirector@mardaloop.com. Follow us on Instagram, [@mardalooppreschool](https://www.instagram.com/mardalooppreschool), and on Facebook, MLCA preschool for news and updates.

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children three to four 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 Marda Loop, our bright and cheerful preschool is positioned a short distance from the community centre, playground, ice-rink, library, fire hall, and community garden.

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MLCA Green Awards Feature the Sustainability Up-and-Comer: Inhale Exhale Massage

The MLCA Green Awards recognize residents and businesses for their choices to live and operate in a way that meets the needs of the present without compromising the ability of future generations to meet their own needs. The Sustainability Up-and-Comer is awarded to a Marda Loop business to recognize the best overall sustainable practices. The MLCA is pleased to announce Inhale Exhale Massage as the 2022 Sustainability Up-and-Comer.

Inhale Exhale Massage is recognized for the improvements and advancement in their sustainable practices. They have implemented simple practices like a composting and recycling program, sustainable cleaning practices, and provided an inclusive space for their employees and the community alike.

A well-executed waste management plan can divert a lot of waste from the landfill. Inhale Exhale Massage has coordinated a plan to divert as much waste to recycling and composting facilities as possible. They have self-reported that their landfill waste is a small bag every ten days, incredible!

They are also a subscriber to a global recycling program, TerraCycle, that focuses on difficult to recycle items like face masks and medical-grade gloves. During the pandemic, the use of medical items increased substantially and the TerraCycle program allowed these products to be diverted from the landfill. Although usage has decreased, Inhale Exhale Massage is continuing to recycle medical products.

As well, Inhale Exhale Massage has initiated cleaning practices that are more environmentally friendly and eliminate even more waste. Laundry is essential in a massage clinic, and they have chosen to use a Canadian company, Tru Earth as their laundry detergent supplier. This product eliminates plastic jug waste and is a chemically safe product for the environment.

The business' employees are supported to make sustainable choices for travelling to and from work while earning a living wage. Inhale Exhale Massage employees are utilizing public transport, cycling, and carpooling to reduce their carbon emissions. This choice to take public transport can reduce carbon emissions by 45% in comparison to driving solo to work.



Inhale Exhale Massage engages with the community through raising funds for the Calgary Food Bank and for the Orange Shirt Society. This dedication to the support of local food security and to raising awareness regarding the ongoing impacts of the Indian Residential Schools aligns well with the United Nations Sustainable Development Goals. We thank Inhale Exhale Massage for their great contribution to the community and congratulate them for winning the Sustainability Up-and-Comer Green Award!



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Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

Dealing with a Cough

from Alberta Health Services

A cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat can also cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better. Some people may also cough or clear their throat out of habit, for no clear reason.

How Can You Care for Yourself at Home?

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat. Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to soothe a dry or sore throat.

Throat Clearing

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.



Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard on your vocal cords. It's like slamming them together.

To Help Lessen Throat Clearing, You Can Try:

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.

Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

Call Your Doctor or Health Link at 811, or Seek Immediate Medical Care If:

- You cough up blood.
- You have new or worse trouble breathing.
- You have a new or higher fever.

Watch Closely for Changes in Your Health and Contact Your Doctor or Nurse Advice Line If:

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus.
- You do not get better as expected.

27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

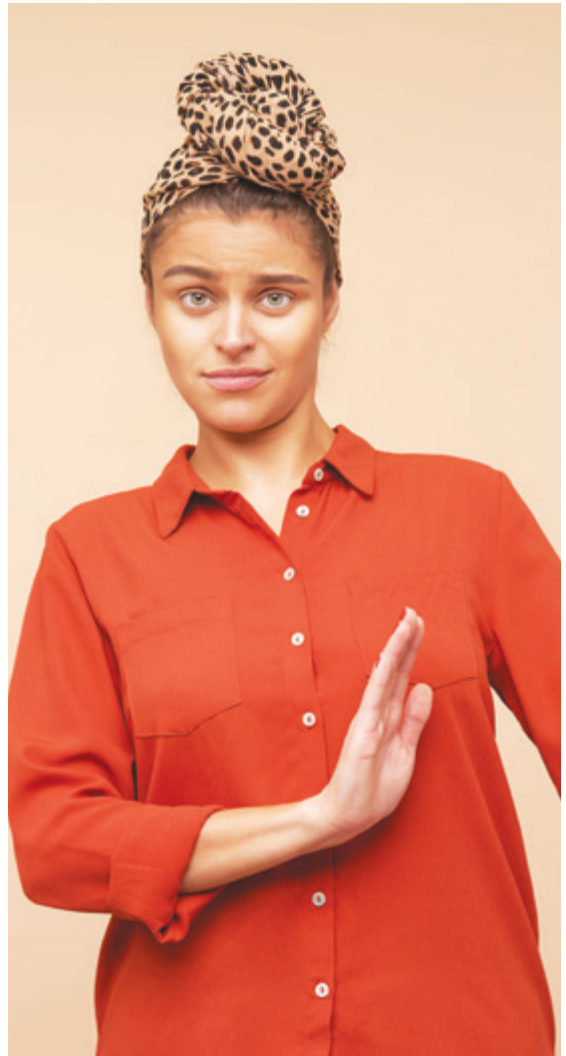
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.



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