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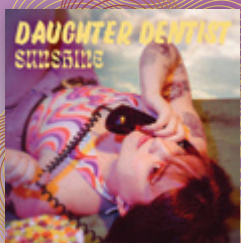
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### Executives

|                |  |
|----------------|--|
| President      | Tony Norman<br>president@mardaloop.com           |
| Vice President | Hugo Batteke<br>vp@mardaloop.com                 |
| Past President | Tom Rosettis                                     |
| Treasurer      | Anna Biasutto-Mowbray<br>treasurer@mardaloop.com |
| Secretary      | Lauren Peebles<br>secretary@mardaloop.com        |

### Directors

|                          |   |
|--------------------------|---|
| Events                   | Aranka Rosettis<br>events@mardaloop.com           |
| Indulge                  | Minx Rai<br>indulge@mardaloop.com                 |
| Marketing                | Vacant  |
| Membership               | Sarah Firman<br>membership@mardaloop.com          |
| Mobility                 | Andrea Joyce<br>mobility@mardaloop.com            |
| Planning and Development | Kim Kemper<br>development@mardaloop.com           |
| Preschool                | Kelsey Boudraa<br>preschooldirector@mardaloop.com |
| Seniors                  | Heather Bhatti<br>seniors@mardaloop.com           |
| Sponsorship              | Frank Fabiano<br>sponsorship@mardaloop.com        |
| Sports and Recreation    | Rob Baillargeon<br>sportsrec@mardaloop.com        |
| Sustainability           | Tami Cormack<br>sustainability@mardaloop.com      |
| Volunteers               | Rebecca Naidoo<br>volunteer@mardaloop.com         |
| Director at Large 1      | Darren Grelowski<br>atlarge1@mardaloop.com        |
| Director at Large 2      | Vacant<br>atlarge2@mardaloop.com                  |

### Other Important People

|                                   |                                  |
|-----------------------------------|----------------------------------|
| The Source<br>(Newsletter Editor) | Kevin Forbes<br>gm@mardaloop.com |
|-----------------------------------|----------------------------------|

### Staff

|                           |  |
|---------------------------|--|
| General Manager           | Kevin Forbes<br>gm@mardaloop.com         |
| Accountant                | Karen Murphy<br>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](mailto:president@mardaloop.com).



## MLCA PRESCHOOL PRESCHOOL PROGRAMS 23/24

### 3YO MORNING / AFTERNOON PRESCHOOL

Tuesday/Thursday Morning or Afternoon  
9:10 - 11:35 or 1:05 - 3:30 \$125.80 Monthly  
Before and after care available

8:45 - 12:15 or 12:45 - 4:15 \$75 Monthly

### 4YO MORNING / AFTERNOON PRESCHOOL

Monday/Wednesday/Friday Morning or afternoon  
9:10 - 11:50 or 1:05 - 3:45 \$156.75 Monthly  
Before and after care available

8:45 - 12:15 or 12:45 - 4:15 \$75 Monthly



### 4YO JUNIOR KINDERGARTEN

5 Day a week Afternoons

1:05 - 3:45 \$320 Monthly

Before and after care available  
12:45 - 4:15 \$125 Monthly

This program will offer additional learning opportunities to include numeracy, science and physical development.

 @mardalooppreschool  
 MLCA Preschool

[www.Mardaloop.com/preschool](http://www.Mardaloop.com/preschool) for more information or to register.

## Family Skate Party

Join the MLCA on a nice wintery afternoon for our first ever Family Skate Party on January 14 between 2:00 to 4:00 pm! There will be hot chocolate, cookies, fire pits, music, and a lot of fun! This is a free event located at our MLCA Outdoor Rink. This event is weather dependent.

Please also bring a non-perishable item for the Calgary Food Bank as we will be accepting donations.

Please register here so we have an idea on numbers:  
<https://mardaloop.com/events/>.



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\*a limited number of print copies of the guide will be available at select stores - stay tuned to social media and our website for a drop date

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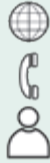
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# MLCA MEMBERSHIP

## INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit [www.mardaloop.com/membership](http://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 |

### BENEFITS INCLUDE

- Great programming and events
- Member discount program
- 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](http://mardaloop.com/events/mlca-agm)

## Indulge Volunteers!

The Marda Loop Communities Association (MLCA) needs volunteer committee members to produce the famous Indulge social gathering.

### Positions Available Include:

#### Assistant to the Chair - Co-Chair

Job description: Assisting in all production elements, from coordinating suppliers to creating the 2024 entertainment programming.

#### Sponsorships and Silent Auction

Job description: Contacting local businesses with an invitation to support Indulge with silent auction items and sponsorship dollars. Having a sales background is an asset.

#### Committee Member at Large

Job description: Filling in where needed. All committee members will be involved in designing the event from theme decor to entertainment.

If you can offer a few hours a week and commit to attending a few in-person meetings, we welcome you on board!

Please email your contact details to [indulge@mardaloop.com](mailto:indulge@mardaloop.com).



**We invite YOU to  
plan the 2024 Indulge  
Party!**

For details on joining our MLCA  
Volunteer Indulge Committee, email  
[indulge@mardaloop.com](mailto:indulge@mardaloop.com)  
marda loop communities association

**Call for Volunteers!**

# Halloween Dance Party Thank You



On October 28, at the MLCA Hall there was a "spooktacular event". An evening with a DJ playing, kids dancing, and many ghouls enjoying games and treats.

On behalf of the events committee, I would like to thank everyone who participated in our Halloween dance. It was sold out! The event was a lot of fun with about 130 attendees. Feedback from parents and youth was very positive and it was strongly suggested we do it again. Everyone, including the events committee and volunteers, had fun. The energy in the room was contagious.

I would like to thank Village Ice Cream for providing ice cream for the event. They have been very generous in their sponsorship for our events. Everyone loved the various flavours.

The DJ, Jason, volunteered his time and played the best music! He knew exactly what music this age group (8 to 12) enjoys, and they danced and danced. Of course, there had to be a few songs by Taylor Swift. How can you go wrong with that!

Our volunteers and committee members did a great job turning MLCA into a spooky Halloween themed hall. It looked spectacular! Thank you for all your hard work and enthusiasm.

It is because of the interest and involvement from the community that the events committee has been successful in providing diverse events over the years. Stampede Breakfast, Neighbour Day, Fireside Chats, Family Bingo, and Wine tastings just to name a few.

Our goal is to bring the community together by hosting fun and informative events, keeping in mind the demographics of the community. If anyone is interested in joining our events committee, having some fun, planning events, and enjoying working with a group of creative, fun folks, please contact me at MLCA events. ([events@mardaloop.com](mailto:events@mardaloop.com)).

Thank you again,  
*Aranka Rosettis*  
Director of Events, MLCA



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### Winter Programs – Registration Now Open!

Time to shake off that Holiday rust and get back into action after the break! Stay warm this Winter by being active with the MLCA.

Winter Programs run from January to April.

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

\*All Programs are pro-rated

While we are still working on some other programs (please visit website for updates), please see below for details on some of our offerings.

#### **Playgroup 2023/2024**

**Time: 9:30 to 11:00 am**

**Ages: 0 to 5**

Come back this winter to our popular playgroup and meet some other families.

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 neighbourhood. For infants and children up to five years old. MLCA membership is required to register in this program.

\*We've decided to simplify things and make it one registration for the entire year, instead of a gap in February!

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.

Four groups to choose from:

- Playgroup Mondays
- Playgroup Tuesdays
- Playgroup Wednesdays
- Playgroup Thursdays

\* Please visit website for specific dates

Cost: \$250 per family for the year - Pro-ration available

### Prancing Peanuts Winter Session

Caroline is sadly moving this winter, so we are currently searching for a new instructor! We are hoping to offer our beloved program this Winter, but please check the website and social media for updates as they come.

#### **Adult Yoga at MLCA**

We are excited to welcome back our amazing and experienced yoga teacher, Sophie for the fall 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 January to April**

**Time: 7:00 to 8:00 pm**

**Cost: Check website for cost and classes**

#### **Friday Yoga with Sophie**

**Date: Fridays from January to April**

**Time: 9:30 to 10:30 am**

**Cost: Check website for cost and classes**

#### **Seniors Yoga**

**Date: Thursdays from January to April**

**Time: 11:15 am to 12:15 pm**

**Cost: Check website for cost and classes**

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 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.

#### **Seniors Fit**

**Date: Tuesdays and/or Thursdays from January to April**

**Time: 1:30 to 2:45 pm**

**Cost: Check website for cost and classes**

Beth is back and ready to get back at it after the holiday break!



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.

### **Barre Sculpt**

**Date: Tuesdays and/or Thursdays from January to April**

**Time: 5:15 to 6:15 pm**

**Cost: Check website for cost and classes**

Jen is back this winter!

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.

### **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 babysitter's names will not be published in our community newsletter or on our website. It will be provided to interested families upon request once active membership status is confirmed.

Please email [gm@mardaloop.com](mailto:gm@mardaloop.com) if you have any questions and to receive the registry.



## **TRAILERS**



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

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## **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.

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

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

## Seniors in the Loop

### Seniors Remember – Call for Peace at Remembrance Day Ceremony

In true ceremonial fashion, the Seniors group held their annual Remembrance Day celebration in the warmth and comfort of their Association Hall.

There were a few distinguished military veterans and Peacekeepers present, and the ceremony was enhanced with speeches and recollections of visits to war memorials and related stories.

This year's distinguished guests included:

- Lt. Col. (Ret'd.) Rick Wright - Calgary chapter president of the Canadian Association of Veterans in United Nations Peacekeeping (CAVUNP). Rick reminded us that this year marked the 75<sup>th</sup> anniversary of Canada's Peacekeeping missions and recollected some of his experiences as a Peacekeeper for a nation committed to UN peacekeeping from its early days.
- Linda Wright - winner of the Sovereign's Medal for Volunteers shared her stories as a former nursing officer with the Canadian Armed Forces and wife of an active Peacekeeper.
- SLt. Don Figol was accompanied by Cadets of the Royal Canadian Sea Cadet Corps, Petty Officer Reisner and Master Cadet Simms.
- Tony Norman - President of the Marda Loop Communities Association welcomed the audience and spoke to us about his visit to the Marzague War Cemetery in France to pay his respects to family member Private Robert Charles Anderson lost in WWII.

• Historian Darlene Zdunich came up with a spectacular presentation on an unusual topic entitled "Art of the Western Front". She spoke to us about Canadian artist Mary Riter Hamilton who undertook a project from 1919 to 1922 for the Amputation Club of B.C. to paint the World War I scarred landscapes where Canadian Corps had fought and died. Her paintings depict the impacts of that war on France and Belgium but also serve as signs of hope and renewal. She donated her paintings to Library and Archives Canada. In 2020, Canada produced a stamp featuring one of her paintings.

- Derrick Clough – nine-year-old History student buff shared his memories of a recent tour of historical sites in Europe and left us spellbound with his confidence and flawless delivery. Needless to say, Grandma (yours truly) and Grandpa Bhatti were lapping up the kudos with great pride.
- Trudy Fosse-Bugler, graced us with her presence again this year and played the Last Post and Reveille adding reverence and goosebumps to some.

The ceremony ended with a Prayer for Peace recited jointly by everyone present.

Non-perishable items were generously donated towards the Veterans Food Bank.

Thank you, one and all for a really special Remembrance Day celebration.

*Heather Bhatti*

Director Seniors in the Loop



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**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](mailto:mybookkeeper65@yahoo.ca).

**PROFESSIONAL ACCOUNTANTS IN MARDA LOOP:** 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](http://www.padgettcalgary.com) for more information.

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## MLCA Call for Volunteers!

Are you eager to make a difference in the community? Join our team as a volunteer and be part of something incredible!

We're seeking enthusiastic individuals willing to lend a hand and share their skills in the following roles.

**Marketing Director:** A board position is available to an individual with knowledge and experience that will support the promotional efforts of the MLCA.

**Mobility Director:** A board position for an individual who will encourage improvements and programs that focus on the safety of the MLCA community to walk, run, bike, and drive.

**Events Committee:** Looking for three dynamic individuals to join a fun and hardworking committee.

**Indulge Planning Committee:** Actively seeking members to help organize the popular annual Indulge event and be part of the 2024 planning committee.

**Membership Committee:** Seeking members to help to maintain and increase MLCA membership and host the 'Membership tent' at events like the Stampede Breakfast and Marda Gras here in the 'Loop'.

**Marketing Committee:** Positions are available for individuals with Graphic Design, Web Design, and/or Social Media Marketing experience to support the promotional efforts of the MLCA.

**Sustainability Committee:** Seeking two to three individuals to organize community engagement and educational events to promote the seventeen United Nations sustainable development goals and develop sustainable initiatives to address some of these goals within the MLCA community.

Your dedication matters most! No matter if it's event planning, community outreach, or administrative support, contact Rebecca at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com).

Let's make a difference together!



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