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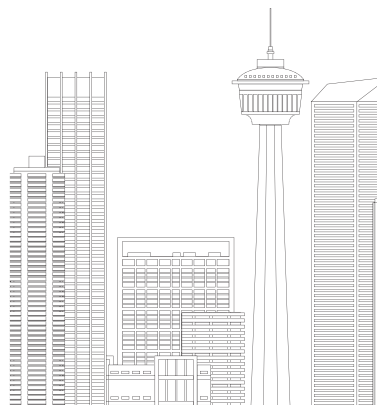


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## Monthly MLCA Board Meeting

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



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## Winter Programs – Now Open

Shake off that holiday rust and join one of our exciting programs this winter! No better way to enjoy the winter season than staying active. We welcome back our beloved Prancing Peanuts, Barre Sculpt, Axe Capoeira, Senior Fit, Yoga, and more!

Winter programs run from January to March. Visit [www.mardaloop.com/programs](http://www.mardaloop.com/programs).

Please see below for details on some of our offerings:

Note: All programs are pro-rated through the season.

### New – Axé Capoeira

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 areas 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 providing accessible programming and serving our community, which 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 | January 17 to March 7

There are two age groups to choose from:

#### Minis (Ages 3 to 5)

**Time:** 10:00 to 10:45 am

**Cost:** \$85 for 8 sessions (Pro-Rated)

#### Youth (Ages 6 to 12)

**Time:** 4:00 to 5:00 pm

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

### Prancing Peanuts Winter Session

The Peanuts are back this winter! 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 fall due to popular demand! It will follow the 4 to 5 group on Thursdays.

MLCA membership is required to register in this program.

Requirements: ballet shoes or bare feet and a leotard or tights/leggings (tight fitting clothing).

There are four age groups to choose from:

- 2- to 3-Year-Olds: Fridays | 9:00 to 9:30 am
- 3- to 4-Year-Olds: Fridays | 9:50 to 10:30 am
- 4- to 5-Year-Olds: Thursdays | 4:00 to 4:50 pm
- 5- to 6-Year-Olds: Thursdays | 5:00 to 5:50 pm

**When:** January 12 to March 17 (No Class from February 9 to 17)

**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 Winter 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 | January 18 to March 29, 2023

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

**Cost:** \$140 + GST for 11 sessions (Pro-Rated)

### Friday Yoga with Sophie

**Date:** Fridays | January 20 to March 31, 2023

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

**Cost:** \$140 + GST for 11 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 | January 19 to March 30, 2023  
**Time:** 11:15 am to 12:15 pm  
**Cost:** \$140 per person + GST for 11 sessions (Pro-Rated)

### Seniors Fit

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

Due to popular demand, we've 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 | January 24 to March 30, 2023  
**Time:** 1:30 to 2:45 pm  
**Cost:** \$110 + GST for 10 sessions (Pro-Rated)

### Barre Sculpt - Winter

Jen is back with a new 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 | January 17 to March 30, 2023  
**Time:** 5:15 to 6:15 pm  
**Cost:** \$100 + GST for 11 sessions (Pro-Rated)

### Marda Loop Swim Club 2022-2023

Registration for the 2022-23 Swim Club swim club is sold out!

However, you can still register for the waitlist. You can do so as you would register normally.

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 2022 to April 2023  
**Time:** 5:30 to 7:00 pm  
**Cost:** \$175 - 45 minutes, or \$350 - 1 hour and 30 minutes (includes a \$50.00 non-refundable administration fee)

Please Note: We've decided to change-up the registration process to go by age instead of category to simplify things. Once everyone shows up the first couple weeks, we will still move people around accordingly based on skill.

### Playgroup Winter/Spring 2023

Continue on with Playgroup this winter/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 neighborhood. 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 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.

### Four groups to choose from:

- Playgroup Mondays
  - Mondays | February 13, 2023, to June 12, 2023
  - Exceptions: No playgroup February 20, April 10, May 22
  - Note: For the holiday Mondays, you may join another day to make-up your session!
- Playgroup Tuesdays

*continued on next page*



## MLCA PROGRAMS *continued*

- Tuesdays | February 14, 2023, to June 13, 2023
- Playgroup Wednesdays
- Wednesdays | February 15, 2023, to June 14, 2023
- Playgroup Thursdays
- Thursdays | February 16, 2023, to June 15, 2023

### 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 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.

### Peanuts Soccer and Summer Camps

Stay tuned to the website and social media as our Peanuts Soccer and Summer Day Camp registrations will be opening soon!

Peanuts Soccer is one of our most popular programs, as it is fun-based soccer for children ages 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.

Summer Day Camps offer a range of weekly camps such as sports, cooking, and arts for ages 5 to 14. They will run through July and August.



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# MLCA Preschool Update

Registration for the 23/24 school year opens January 24! We are so excited to be offering a new program this year. Junior kindergarten will be a five-day-a-week afternoon program. It is meant to prepare the four-year-olds for kindergarten.

We are still offering our normal four-year-old program on Monday, Wednesday, and Friday mornings, and our usual three-year-old program on Tuesday and Thursday mornings. Before and after care is also offered for all of the programs for an extra fee. For more information on any of our programs, please contact preschoolregistrar@mardaloop.com.


To register, please visit [www.mardaloop.com/preschool-registration](http://www.mardaloop.com/preschool-registration).

Our annual Wine and Cheese Social will be held at the MLCA upper hall on February 4. For more information, follow along with us on Instagram, @mardalooppreschool, and Facebook, MLCA Preschool.

## 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 a community garden.



### NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.



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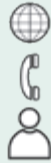
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# MLCA MEMBERSHIP

## 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

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Senior Associate (65+)	\$10

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- AGM Info: [mardaloop.com/events/mlca-agm](http://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.

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8 Cakes	EverFlex Calgary	PHI Medical Aesthetics
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\*For Details of all available Membership Benefits and for more information visit:

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# Save the Date

Watch the Source and Social Media for information on our 2022/2023 events

- Sept. 18: MLCA 65th Birthday Party
- Oct. 29: Hallowe'en Movie Night for kids
- Nov. 15: Fireside Chat
- Jan. 20: Adult Bevie Tasting



- Mar. 18: 50's/60's Family Bingo
- Apr. 18: Fireside Chat
- Jul. 15: Stampede Breakfast



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Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!





# MLCA Green Awards

## Medium Business Sustainability Champion: Pacific Poke

The MLCA Green Awards recognize residents and businesses for their choices to meet the needs of the present without compromising the ability of future generations to meet their own needs. The Medium Business Sustainability Champion is awarded to a Marda Loop business to recognize simple choices to be more sustainable, and the MLCA is pleased to announce Pacific Poke as the 2022 Medium Business Sustainability Champion.

The restaurant Pacific Poke has won because of their simple choices to incorporate climate labeling into their menu, their decision to participate in an upcycling chopstick program, and their commitment to practice energy reduction and carbon-reducing strategies. This business has made educated choices to include everyone from customers to staff on their sustainability path.

Educating customers about exercising personal choice is part of the menu at Pacific Poke. They have partnered with a third party, Lighter Foodprint, and integrated climate action into their customer's everyday food choices. Light Foodprint calculates the carbon intensity of each menu item and communicates it through in-store labels, empowering customers to make more sustainable and informed food choices.

A unique and growing popular initiative that Pacific Poke subscribes to is the upcycling of their chopsticks by a third-party partner, ChopValue, in order to reduce waste. The chopsticks used in the store are collected and upcycled into innovative and clever home and office products. This program drastically reduces the waste of in-house single-use cutlery.

Pacific Poke makes conscious efforts to reduce their carbon emissions by limiting supply orders to once a week. Normally restaurants require frequent deliveries of food to maintain a fresh stock of supplies, but Pacific Poke effectively manages one delivery a week instead of two or three. This simple choice means more effort on the part of their staff to manage perishable supplies and minimize food waste, but substantially reduces their carbon footprint.

Pacific Poke is committed to minimizing their environmental impact and to educating customers along the way, and we congratulate them for being sustainability leaders in our community!



## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 25



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We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

***To discover more, please contact us!***

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

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# FAMILY BINGO



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Marda Loop Communities Association



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### Journaling Workshop Held in January for Seniors Group

As most of us have heard, journal writing can help us in our mental health and personal growth journey! However, some of us have still not explored this avenue. With the starting of a new year New Year, we considered attempting a new skill. We are ever so fortunate to have one of our own members who is passionate about this practice, and willingly accepted to share her knowledge and experience with us.

Eileen Nesbitt has recently become a resident of our Marda Loop community and previously lived in British Columbia. There, she was a member of the Cook Street Activity Center in Victoria and attended a journaling workshop there. She presented us with the benefits of the practice and provided us a few prompts to enable us to continue writing if we so desired (see attached picture of Eileen at the workshop).



On another note, we are extremely pleased to report that our Seniors Group has once again donated scarves, shawls, tuques, mitts, gloves, earmuffs, and neck bands (some hand crafted by Members and friends) to Rockyview Hospital. These will be issued to those patients who need to keep warm upon discharge. Thanks to all our member contributors, but especially to Carole Peteheych (see picture attached of Carole with her bags of woolies), who diligently knits these woolies all year round and matches the hats and gloves meticulously each year.

*Heather Bhatty*

Director, Seniors in the Loop



## Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!



## PRESIDENT'S MESSAGE

Like pretty much everything else in the world over the last few years, Covid has had an impact on the MLCA. It affected our events and programs, as well as our volunteer efforts and the board. However, we have had a great last few months, embarking on a rebuilding mission to get things back up to our enviable pre-pandemic levels.

The Events committee has put on some very fun and popular events, and there are some more coming. Be sure to watch out for our Family Bingo in March, the marvelous Indulge event, and (fingers crossed) the return of our very popular Stampede Breakfast.

The Seniors group is back to meeting regularly, and the Sports and Rec team have got the rinks flooded and maintained and have secured funding for an official Bike Pump Track to be built on the east side of the hall! Our Preschool is running along well, and our Sustainability committee is working on plans and initiatives for 2023. More details can be found on our website, [www.mardaloop.com](http://www.mardaloop.com).

All that being said, one of the places we did suffer was with volunteer recruitment and board succession planning. If you are looking to get more involved with the community, or if one of your New Year's resolutions was to volunteer more, I welcome you to reach out to me for more information. We are in great need of a volunteer coordinator on the board right now, so if you or anyone you know would like to get involved and might be a fit here, please reach out.

I look forward to your feedback and welcome any questions or comments. You can reach me at [president@mardaloop.com](mailto:president@mardaloop.com).

*Tony Norman*

President

### The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!

## RESIDENT PERSPECTIVES

### Stargazing with Pat J: Celestial Bumper Cars

*by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada*

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

**Venus:** Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

**Earth:** A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

**Saturn's Moon Mimas:** The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

**Uranus:** All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

**\*Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.





Join the MLCA board!!

## VOLUNTEERS COORDINATOR NEEDED

- Want to be more involved in the community?
- Would you love to get to know more people?
- Could you coordinate our great community volunteers for our events?
- Join us on the Marda Loop Communities Association Board.

FOR MORE INFO:



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## An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?



21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling \_\_\_\_."
26. Complete this sentence: "I wish I had someone with whom I could share \_\_\_\_."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.

*What legacy do you  
want to leave behind?*



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## BRAIN GAMES SUDOKU

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

## What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

### What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

### What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

### How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

### How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

### Care at Home

#### Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

#### Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

#### Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



### Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

### How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick. Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.

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## Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



### Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

#### What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



#### What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

#### Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.





## Save Our Marda Loop!

Marda Loop is now experiencing extensive land use changes and redevelopment.

Help your community neighbours respond to a recent application (File # LOC 2022-0131) to change the zoning on the north side of 33rd Avenue (1918 - 1940 33rd Ave SW) to tear down several single-family houses and replace them with a six-story, 26m tall complex with 120+ residential units and ground floor commercial space. Community members are opposing this application for several reasons, including impact on traffic and already-strained infrastructure, incompatibility with adjacent residential development (height and mass) and character of the community, inconsistency and non-compliance with approved City policies, and impact on property value.

**Your help is needed in securing a sustainable, vibrant community that meets the needs of all residents**

### WHAT CAN YOU DO?

- Take time to review and sign the petition at: [change.org/p/save-our-marda-loop-community](https://change.org/p/save-our-marda-loop-community).
- Send a letter to the City voicing your concerns ([Quadri.Adebayo@calgary.ca](mailto:Quadri.Adebayo@calgary.ca)).
- Share with your neighbours and friends.
- Engage/share on social media.

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Dear Friends,

One of the main challenges we face in our federal system of government – where powers are divided between two distinct levels of government – is providing democratic representation at the national level for issues that impact only parts of the country. An example is the Liberal government's legislation to 'Build a Green Economy on the Prairies'. This is in addition to the various oversteps in regulatory jurisdiction that this government has undertaken, and their plan for a 'just transition' of jobs that have paid this country's bills for generations – with little concern for the consequences, nor the notion that there are provincial governments already moving in this direction, with the input of industry and post-secondary institutions. The legislation in question was opposed by 51 of the 62 Members of Parliament from the Prairies, along with all three provincial governments. The bulk of votes from other parts of the country have dictated an overstep into provincial responsibility. It's one of the democratic nuances with which we grapple, and for which we are looking for more representative solutions. Rest assured I will be watching this development closely.

In that regard, I will be hosting a meet and greet at the Marda Loop Communities Association Hall from 11:00 am to 2:00 pm on February 11 to discuss any issues you wish to raise and answer any questions you may have about my stance on issues. I'm always pleased to hear from you directly. Refer to my website below for more information.

I might see you at the Beltline Bonspiel on Saturday, February 18, hosted by the Beltline Neighborhoods Association. Local Calgary teams compete in an outdoor curling tournament in front of the Lougheed House. Drop-by anytime between 12:00 and 5:00 pm to enjoy live music and to sample local food.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up-to-date on my work in Parliament on my website, GregMcLeanMP.ca.

Sincerely,  
Greg McLean

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