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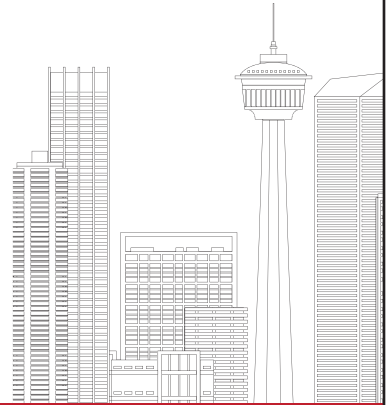


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Hall Services and Rentals hallrentals@mardaloop.com

## 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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## 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 Peanuts Learn to Skate, Barre Sculpt, Axe Capoeira, Senior Fit, Yoga, and more!

Winter Programs run from January to March.

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

### Peanuts Learn to Skate – Pending

It's back! One of the most wonderful times of the year brings one of the most wonderful programs. Want to get your children out on the ice at a young age to get them up to speed with skating?

Whether it's their first time hitting the ice or just need a bit of improvement, this class is for you. No prior skating experience is required. This is a parented program and parents are expected to remain on site for the duration of the program. These programs are for children aged 3 to 9. MLCA membership is required to register in this program.

#### When:

- **Pre-Beginner:**
  - January 21 to February 25, 2023
  - Saturdays | 8:30 to 9:15 am
- **Young Skater:**
  - January 21 to February 25, 2023
  - Saturdays | 9:15 to 10:00 am

**Cost:** \$60 per child

**Please Note:** Parents must remain on-site for the duration of the program but are not required to be skating. We have hired figure skating coaches to be working on the ice with the kids. Helmets are a must in order to participate. Classes are weather-dependent.

### New! Axe 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 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

#### Youth (Ages 6 to 12)

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

**Cost:** \$100 for 8 sessions

### 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 foot 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 from 9:50 to 10:30 am
- 4- to 5-Year-Olds | Thursdays from 4:00 to 4:50 pm
- 5- to 6-Year-Olds | Thursdays from 5:00 to 5:50 pm

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

**Cost:** \$80 per child

### 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

### **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

### **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 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

### **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 17 to March 30, 2023

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

**Cost:** \$110 + GST for 10 sessions

### **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 and 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

### **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 Fall 2022**

Still time to test out the last couple months of our "Fall Playgroup" before we open up our Winter/Spring Playgroup in February.

*continued on next page*



Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighborhood. For infants and children up to 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

### Four groups to choose from:

#### • Playgroup Mondays

- Every Monday from September 19, 2022, to February 6, 2023
- Exceptions: No playgroup October 10, December 19 to January 5

#### • Playgroup Tuesdays

- Every Tuesday from September 20, 2022, to February 7, 2023
- Exceptions: No playgroup December 19 to January 5

#### • Playgroup Wednesdays

- Every Wednesday from September 21, 2022, to February 8, 2023
- Exceptions: No playgroup December 19 to January 5

#### • Playgroup Thursdays

- Every Thursday from September 22, 2022, to February 9, 2023
- Exceptions: No playgroup December 19 to January 5

Please Note: The Winter/Spring Playgroup that starts late February will open later this Month.

### 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.



## BRAIN GAMES

## SUDOKU

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

FIND SOLUTION ON PAGE 31

## MLCA Preschool Update

December is always a busy month at the preschool. We had two very successful fundraisers, and we'd like to thank everyone who participated. All the money raised goes directly to our enrichment program. We also had a fun holiday potluck party where the children showed off the dance moves they have been working on with Prancing Peanuts.

We are launching a pilot program this month for before and after care where your child can attend for 3.5 hours for an extra \$75 a month. There is still time to sign up; please contact [preschooldirector@mardaloop.com](mailto:preschooldirector@mardaloop.com).

There will some volunteer opportunities opening up for the next school year, in particular we are looking for new Directors! If you or anyone you know may be interested, please email [preschooldirector@mardaloop.com](mailto:preschooldirector@mardaloop.com). It is a great way to get involved in the community. Follow us on Instagram, @mardalooppreschool, and Facebook, MLCA Preschool, for news and updates.

To Register for our preschool, visit [www.mardaloop.com/preschool/registration](http://www.mardaloop.com/preschool/registration).

### 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.



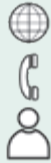
# One Odd Animal

Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!

# 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

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- Member discount program
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- 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)

## 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:

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Marda Loop Communities Association

# 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



Marda Loop Communities Association

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2023

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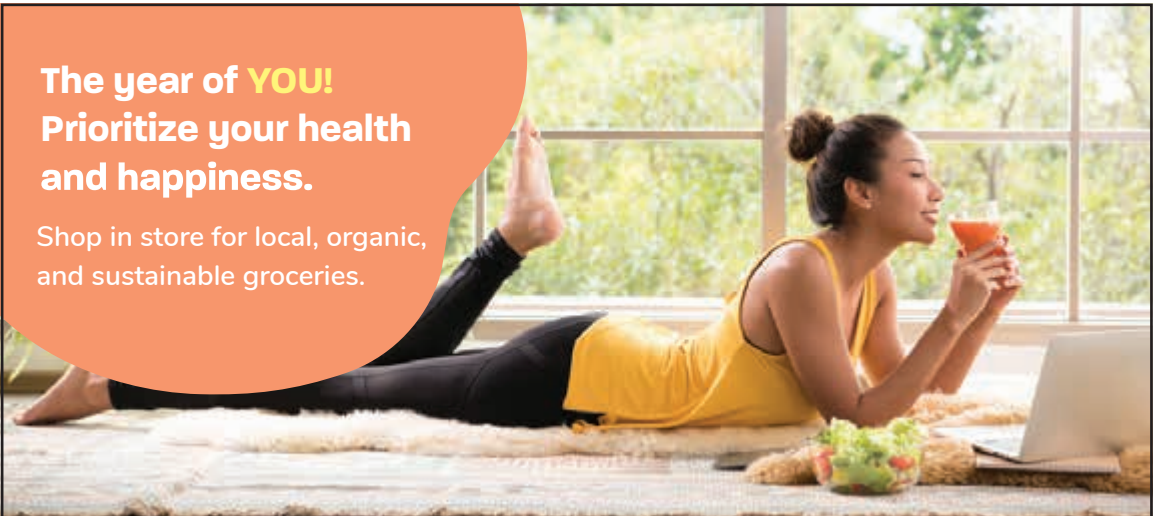
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## MLCA 2022 Green Awards Feature the Small Business Sustainability Champion: Little Bow Fibre Company

The MLCA Green Awards recognize businesses for their choices to operate in a way that meets the needs of the present without compromising the needs of future generations. The MLCA is pleased to award the 2022 Small Business Sustainability Champion Green Award to the Little Bow Fibre Company.

A new business to Marda Loop, the Little Bow Fibre Company is a yarn and fibre shop dedicated to choosing product suppliers with strong sustainability and community initiatives, while operating an energy-efficient store. Little Bow Fibre conscientiously selects its product suppliers and provides transparency to their customers by providing detailed information on each of the suppliers supported by their business. They select fibre producers which follow the Global Organic Textile Standards (GOTS), a global standard for organic fibres, that includes ecological and social criteria, backed up by an independent certification of the entire textile supply chain. Their sustainable initiatives include purchasing in bulk, where possible, to minimize the carbon intensity of shipping and choosing suppliers that provide living wages throughout the supply chain, from animal producers, all the way to workers in the processing facilities.

The shop operates in a small, cozy space which minimizes their carbon footprint by not requiring the excess heating and electricity of a larger space. The owner further reduces energy consumption with the use of LED lighting, an air source heat pump system, and a minimal amount of electronic equipment. As well, Little Bow Fibre donates all their scrap yarn to the Ujamaa Grandmas an organization working to address the consequences of the HIV/AIDS epidemic upon families and communities in sub-Saharan Africa.

We congratulate the Little Bow Fibre Company on making sustainability an important aspect of their business model, and for contributing to our Marda Loop community in such an important way.



## The 'J' is Born!

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.





# Rink Volunteers Needed

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- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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# The Nine Superpowers of a Hug

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



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!



Marda Loop Communities Association



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# *Season's Greetings*

from the MLCA  
Senior members  
and all the best  
in 2023!







## 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.

**SIGN THE PETITION AND SHARE TODAY!**

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TRUDE LEE PHOTOGRAPHY

# R-E-S-O-L-V-E to Be More Eco-Conscious This Year!

## R – Reduce

Reducing the stuff we buy, the waste we create, and the energy we use has by far the biggest impact of the “three Rs” (reduce, reuse, recycle). So, carry reusable bags, invest in quality products, gift experiences rather than stuff, explore transportation alternatives (transit, cycling, road trips), install a programmable thermostat, refill containers (soap, detergents, creams), and reduce food waste by “shopping your fridge” before hitting the grocery store or ordering takeout.

## E – Educate

Educate yourself (using reliable, scientific sources!) about the pressing environmental issues facing us locally and internationally. Share your knowledge with others.

## S – Solar Power

Purchase renewable energy from your utility company or, if it's in the budget, consider adding solar panels to your roof. The federal government is offering grants of up to \$5000 and no interest loans of up to \$40,000 through the Greener Homes program to help offset the cost of home retrofits.

## O – Organic Yard

Synthetic fertilizers, pesticides, and herbicides can have devastating effects on the environment—travelling well beyond the borders of our properties. Runoff pollutes our waterways and chemicals kill many pollinators and other insects crucial to our ecosystems. Consider using natural alternatives (compost, ladybugs, mulch), planting native species, and replacing your water-and-fertilizer-hungry lawn with an eco-friendly alternative.

## L – Love Nature

We are lucky to live in one of the most beautiful places in the world, and Calgarians enjoy visiting our magnificent natural spaces. Unfortunately, forest fires, habitat loss, invasive species, and human impacts are causing significant biodiversity loss. Many native plants and animals are threatened or at risk of extinction. Practice good stewardship—leave no trace (pack out everything you pack in), observe wild animals from a safe distance (no feeding or close-up pictures), and follow park rules such as speed limits. Become a champion of these amazing places and the species that call them home.

## V – Vote

Selecting representatives who take environmental issues seriously is important, but voting doesn't just happen in elections. We “vote” with our wallets and our choices. Everyday decisions can have a powerful impact on policies, practices, actions, and changes on the part of not only governments, but also businesses and workplaces.

## E – Engagement

Get involved! There are many ways to participate, including charitable donations, volunteering, letter-writing campaigns, marches, book clubs, classes, board positions, and many others. Connecting with others who share your concerns is empowering and energizing. Make this the year you take action!

From all of us at MLCA Sustainability Committee, we wish you and yours a happy, healthy, and sustainable New Year!

# Girl Guides

Everything she wants to be.

## Bottle Drive

January 7!



Neighbourhood Girl Guides are once again collecting refundable cans, bottles, and milk and beverage containers for a trip to Europe next summer. Please contact us for pick up at [girlguidebottledrive@gmail.com](mailto:girlguidebottledrive@gmail.com) and watch for door flyers on your street. And yes, we always have Girl Guide Cookies.

# Chinese New Year: Celebrating a New Future for Calgary's Chinatown

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to Heritage Inspires YYC



Chinese Cultural Centre (Calgary Heritage Initiative)

Our first Chinatown was settled as the homestead for Chinese immigrants brought to build Canada's first transcontinental railway, the Canadian Pacific Railway. First established in 1883 at 8 Avenue and 2 Street SE where the Calgary Municipal Building is today, it was relocated to 10 Avenue and 1 Street SW after the Great Calgary Fire of 1886. In 1910, the Canadian Northern Railway announced plans for a train station and a hotel at the location of the second Chinatown. Speculation drove up land and property values, resulting in landlords selling their properties and displacing Chinese tenants for a second time. Despite racist opposition, Chinatown moved in 1910 to its third and current location at the foot of the Centre Street Bridge. The first building occupied was the Chinese-owned Canton Block, built by Chinese business owners despite opposition by Calgary lawyer James Short and others who promoted relocation of Chinatown. This rare surviving example of the Edwardian Commercial style remains as a community historic resource. Completion of the Calgary Chinese Cultural Centre in 1992 signalled Chinatown's revival. Despite racist discrimination over the years, Chinatown has thrived, and the Chinese community has contributed significantly to Calgary as a multi-cultural city.

Its residences and businesses are enjoyed by Calgarians and visitors alike.

In 2016, the "Tomorrow's Chinatown" project was initiated in response to redevelopment pressures. In 2022, the City in close collaboration with the

community, completed the Chinatown Cultural Plan, Calgary's first such plan. It provides direction for investing in Chinatown's cultural future, considering the unique experiences and amenities that the community can offer. An Area Redevelopment Plan lays out a comprehensive planning vision for sensitive redevelopment in Chinatown.



Chinatown (Calgary Heritage Initiative)

An important first step in building trust and implementing the plan was the renaming of James Short Park and Parkade to Harmony Park in November 2022.

2023, the year of the rabbit, marks the 100th anniversary of the Chinese Exclusion Act, that banned immigration of Chinese people to Canada until 1947.



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## DOLLARS & SENSE

### Fly Safely on Your Vacation

from the Better Business Bureau

Are you thinking about traveling by air for a few days?

#### Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.
- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

#### Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](http://BBB.org).



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# Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

**Prep Time:** 40 minutes

**Cook Time:** 1 hour 45 minutes

**Servings:** 4 to 6

### Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

### Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!







## Calgary Elbow Constituency

205 – 5005 Elbow Drive SW T2S 2T6

☎ 403-252-0346

✉ [Calgary.Elbow@assembly.ab.ca](mailto:Calgary.Elbow@assembly.ab.ca)



MP Calgary Centre

**Greg McLean**

445 – 1414 8 Street SW

Calgary, AB T2R 1J6

☎ 403-244-1880 📠 403-245-3468

✉ [greg.mclean@parl.gc.ca](mailto:greg.mclean@parl.gc.ca)

Dear Friends and Neighbours,

As we ring in the new year and many people make their resolutions, Alberta's United Conservative government is resolved to improve healthcare.

We know Alberta has the best frontline healthcare staff in the entire world, but despite the excellent work of our doctors, nurses, paramedics, and other frontline staff, our patients are waiting too long to access the care they deserve.

Our government's goals include improving EMS response times, decreasing emergency room wait times, reducing wait times for surgeries, and developing long-term reforms through consultations with frontline workers, including discovering ways to restore decision-making to local healthcare professionals and authorities.

Albertans want accountability within Alberta Health Services, and they want to know that a world-class health system and level of care is available when they need it. We care deeply about our healthcare system, and we need to ensure it's working to support Albertans and their loved ones, should they need it.

We must be honest about the state of our healthcare system if we're going to fix it. Right now, the system is struggling to keep up with growing demand. The driving force behind these changes is building a system that is not only strong but resilient to changing circumstances and growth pressures.

We cherish the work of our frontline healthcare workers and care deeply about the system they operate in. We will act now to ensure Albertans have the world-class system they deserve for generations to come.



Dear Friends,

Happy New Year! I hope you and your family enjoyed the holiday season.

Many of you know that I have been appointed to the House of Commons Standing Committee on the Environment. I take on the role with aspirations as to how we address the environmental challenges of a world of 8 billion people.

It also allows me a glimpse into the past, to see how we got here and what changes we need to make to build a better future.

As we say, history is a great teacher. It's illustrative about what we've faced before and how we overcame unforeseen challenges. It also brings some perspective to our work. Much of this is very positive when we examine the results around what we have accomplished.

Here's some good news:

A century ago, approximately 500,000 people per year died in weather catastrophes; last year, 18,000 people died in weather events. Back then, the world had one-quarter of its current population. So, our progress has saved, over the years, millions of lives.

Our healthcare system has some challenges. Yet, most of us receive excellent care. Our worldwide life expectancy has doubled this past century. The medical advances that are being brought forth have led to a quality of life that is impressive. As someone told me, 'My mother waited over a year for a knee replacement – but her mother waited over 50 years and died before the technology arrived.'

I could go on, but I wanted to share these snippets of good news with you so that we all maintain perspective as we approach the issues that are going to confront us over the next year.

To keep up to date on my work in Parliament, feel free to visit my website, [GregMcLeanMP.ca](http://GregMcLeanMP.ca), and contact me at [Greg.McLean@parl.gc.ca](mailto:Greg.McLean@parl.gc.ca) or phone my office at 403-244-1880.

*Greg McLean*

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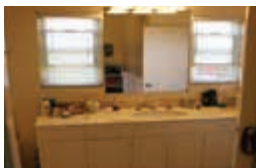
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## NEIGHBOURHOOD CONFLICT?

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