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## A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!





## MLCA SOURCE ROLES AND CONTACT LIST

### Executives

President	Tony Norman president@mardaloop.com
Vice President	Tom Rosettis vp@mardaloop.com
Past President	Vacant
Treasurer	Lisa Batteke treasurer@mardaloop.com
Secretary	Lauren Peebles secretary@mardaloop.com

### Directors

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

### Other Important People

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

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

## Monthly MLCA Board Meeting

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

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 MLCA Preschool

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



## Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



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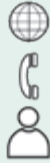
**SOUTH CALGARY**



# 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!**

# Marda Loop History Project

November 7, 2023 - 7:00pm to 8:30pm

Location: Marda Loop Community Association Hall -  
3130 16 St SW, Calgary.

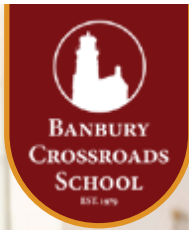
The communities of the Marda Loop area have a rich and interesting history that is important to explore and share – especially with so much growth and change happening.

Heritage Calgary is working with the Marda Loop BIA, the Marda Loop Communities Association, and others on a Historic Context paper for the area. Hear some of the stories uncovered, and learn about how the project unfolded, including engagement with local seniors, at a lively panel discussion with history researcher Harry Sanders, Bob van Wegen of the Marda Loop BIA, Cynthia Klaassen and Josh Traptow from Heritage Calgary and others.

From the earliest days, to the “streetcar suburb” era, the communities were changed by the military presence, the mid-20<sup>th</sup> century suburban boom, the evolution of the business district and events leading right up to today. There is a lot to unpack in this part of the southwest, which includes South Calgary, Altadore, River Park, Garrison Woods, some of Richmond, and the Marda Loop business district.

Come and learn about the Marda Loop history project and its next steps!

Register Here: [https://civicrm.heritagecalgary.ca/form/the\\_many\\_stories\\_of\\_marda\\_loop](https://civicrm.heritagecalgary.ca/form/the_many_stories_of_marda_loop).



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### **Fall Programs – Not too Late to Register for the Last Month**

It's not too late to register for the last stretch of fall and try out some of our awesome programs. This is a great opportunity to try something you may like, before registering for the Winter programs (opening this month).

Fall Programs run from September to December.  
[www.mardaloop.com/programs/](http://www.mardaloop.com/programs/)

All programs are pro-rated

Please see below for details on some of our offerings.

#### **Playgroup Fall 2023**

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

**Ages: 0 to 5**

Come back this fall 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 Fall Session**

**When: September to November**

The Peanuts are back this fall! This program is for children to get 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.

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 three age groups to choose from:

- 2 to 3 Year Olds - Fridays from 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

Cost: \$90 for nine weeks - Pro-ration available

#### **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 September to December**

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

Cost: \$150 + GST for 12 weeks - Pro-ration available

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

**Date: Fridays from September to December**

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

Cost: \$135 + GST for 11 weeks - Pro-ration available

#### **Seniors Yoga**

**Date: Thursdays from September to December**

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

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.

Cost: \$150 + GST for 12 weeks - Pro-ration available

### **Seniors Fit**

**Date: Tuesdays and/or Thursdays from September to December**

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

Beth is back and ready to get back at it after summer 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.

Cost: \$120 + GST for 11 weeks - Pro-ration available

### **Barre Sculpt**

**Date: Tuesdays and/or Thursdays from September to December**

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

Jen is back this fall!

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.

Cost: \$120 + GST for 12 weeks - Pro-ration available

### **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 if you have any questions and to receive the registry.

### **Winter Programs –Open This Month**

Winter Programs open this month! For all your favourites, check our website. We have a variety of kids and adult programs. Check off some items on your Christmas list and give the gift of fun this season!



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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.

**360 Brain Body**

**8 Cakes**

**Altadore Dental**

**Bankview Barber Shop**

**The Brewers Apprentice**

**Cellular Cellar**

**Chica Beauti Bar**

**Chinook School of Music**

**Coco's Esthetics**

**Code Ninjas Marda Loop**

**Cookie Occasion**

**Counterpoint Dance Academy**

**CurryQueens LTD**

**DYP Refillery**

**Eye Gallery**

**EverFlex Calgary**

**Fishman's Wet Cleaners**

**Fresh Kids**

**Gelous Spa**

**Inhale Exhale Massage Therapy**

**Yoga & Meditation Centre of Calgary**

**La Diperie Marda Loop**

**Master Chocolat**

**Marda Loop Barber Shop**

**Marda Loop Brewing Company**

**The Military Museum**

**Modern Rentals**

**Original Joe's**

**PHI Medical Aesthetics**

**Phil & Sebastian**

**S2 Fitness Studio**

**Siena Flooring**

**Skintelligence Esthetics**

**Southwest Auto Service**

**Studio Jewellers**

**Swish Salon**

**Taylor Made Pilates**

**Vive Artistic Nails & Spa**

**Wisp Boutique Salon and  
Aesthetics**

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

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

## Seniors in the Loop

### Unconventional Entertainment at Seniors Gathering

October is a month which offers varied possibilities for a themed event – Reconciliation, Thanksgiving, Fall, and Halloween.

The Seniors picked the most pressing event of the October season – sharing their thankfulness by donating to the Calgary Food Bank. Thanks to the generosity of our members, we were able to donate approximately \$1200 in cash to this crucial need.

Dave Foster provided us with entertainment. Dave is a musician well-known as the piano accompanist with the Prairie Mountain Fiddlers. He is a retired teacher whose experience with sing-a-longs at elementary schools were always fun, especially silly action and participation songs – songs that together with ballads and ditties of old had the Seniors engaged and sometimes in stitches. In addition, Dave has been playing the Appalachian Dulcimer for several years.



The audience watched and listened with rapt attention to the unique sound of that instrument as he plucked and chorded interesting tunes.

No Fall gathering is complete without a good hearty pie. We had 22 varieties, many of them home baked. That really put the topping on a nice get together.

*Heather Bhatty*

Coordinator, Seniors in the Loop

### Seniors Gathering

Get togethers will be held every month on the first Monday between 9:00 am and 12:00 pm in the Marda Loop Communities Association Upper Hall. Every session will start with light fitness exercises followed by a presentation on a specific topic by a subject matter expert. Coffee and a snack are served. Senior Members will receive details by email. For more information, or suggestions/comments, email [seniors@mardaloop.com](mailto:seniors@mardaloop.com).



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## RESIDENT PERSPECTIVES

### The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from



constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!



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## Altadore

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	3	\$736,633	46
2 Storey	5	\$1,531,650	12
3 Storey	1	\$2,485,000	11
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	1	\$448,000	20
2-3 Storey	3	\$886,667	25
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	1	\$327,400	10
2 Bdr	1	\$275,111	18

## Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	0	--	--
2 Storey	2	\$1,052,500	39
3 Storey	0	--	--
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	1	\$665,000	11
2-3 Storey	0	---	---
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	2	\$349,000	31
2 Bdr	2	\$420,000	31

## South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	1	\$607,000	64
2 Storey	1	\$785,000	3
3 Storey	1	\$1,625,000	27
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	3	\$485,296	60
2-3 Storey	3	\$956,667	38
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	3	\$231,000	13
2 Bdr	5	\$347,579	63



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