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# MLCA SOURCE ROLES AND CONTACT LIST

## Executives

President	Tony Norman president@mardaloop.com
Vice President	Hugo Batteke vp@mardaloop.com
Past President	Vacant pastpresident@mardaloop.com
Treasurer	Anna Biasutto-Mowbray treasurer@mardaloop.com
Secretary	Lauren Peebles secretary@mardaloop.com

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## Staff

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Accountant	Karen Murphy accounting@mardaloop.com
Hall Services and Rentals	Alyssa Preston 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).



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## MLCA Preschool Update

Looking for an amazing program for your three- or four-year-old? There is still space available in our wonderful community preschool! Visit our website to learn more!

How about joining our parent committee? Committee Info night is April 22, 8:00 pm at Merchants Marda Loop.

You can also support us by participating in our Garden Plant Fundraiser! Do you have a green-thumb, or the desire to plant some flowers or vegetables with your little ones this spring? We have partnered with Growing Smiles again for all of your gardening needs! Here is your opportunity to support the MLCA Preschool. Like last year, there are many beautiful choices to cheer up your yard, plus fill up your veggie garden! As always, feel free to share this link with friends and family members.

Please place your orders by May 6 – you can do so by visiting the link below! Orders will be available for pick up May 22 to 24, further details will be sent to those who purchase.

[www.mlcapreschool.growingsmilesfundraising.com/home](http://www.mlcapreschool.growingsmilesfundraising.com/home).

If you're interested in volunteering, please reach out to the directors at [preschooldirector@mardaloop.com](mailto:preschooldirector@mardaloop.com).



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# Seniors Introduced to Cardiac Crash

At MLCA’s Monday program for seniors of Seniors in the Loop on April 8, 2024, an excellent and important in-service was presented. Two facilitators from the Heart and Stroke Foundation took the audience through their Cardiac™ Crash learning session. This program has only recently been launched by the H&S Foundation and is presented in a format similar to Family Feud. It was therefore most interactive and informative, complete with CPR practice on several types of “dummies”. How and when to use an A-Fib machine and the need for immediate assistance, including 911, was clearly taught.

In addition, members of MLCA made donations which amounted to \$423 to the Heart and Stroke Foundation to assist them in continuing to educate more people and save lives.

Denise Bymak, Resuscitation Program Manager - Alberta, NWT, and Saskatchewan, who presented the program noted that our members “were all so welcoming and kind; and great compressors too!” Referring of course to their enthusiastic participation in CPR practice.

Should you need a CPR update and want a session such as this for your organization please contact Denise on 780-229-7019 or by email: denise.bymak@heartandstroke.ca.

Thank you to Reenie and Rita for their contribution to this article and to Pat and Robert for the accompanying pictures.

*Heather Bhatty*

Seniors in the Loop Director



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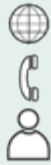
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# MLCA MEMBERSHIP

## 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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## Summer Camps Registration - Now Open!



### MLCA Superstars

**Dates:** July 8 to 12, July 15 to 19, July 29 to August 2, and August 5 to 9

**Time:** 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

**Ages:** 5 to 12

**Cost:** \$250 per registrant (includes a \$50 non-refundable admin fee)

Time to get active this summer!

Consider this the potpourri of camps.

Children will love playing a variety of sports (and other activities) throughout the day in our MLCA Superstars, Multi-Activity camp.

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

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

### MLCA Little Chefs

**Dates:** July 1 to 5 and July 22 to 26

**Time:** 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

**Ages:** 8 to 13

**Cost:** \$325 per registrant (includes a \$50 non-refundable admin fee)

One of the most popular camps is back!

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

Children will also learn about growing healthy food and will have the opportunity to learn about gardening at the South Calgary Garden adjacent to the Community Hall. Participants will cook their own lunches so no need to bring a lunch!

There will also be time for several other outdoor activities! Important: although nuts will not be used in cooking, the MLCA cannot guarantee a nut-free environment. Children must be the required age prior to the first day of camp.

### Peanuts Soccer – Registration Now Open!

Still time to register!

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

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

It runs May and June on Saturday mornings.

To register and for more details visit [mardaloop.com/programs/](http://mardaloop.com/programs/).

### Spring Programs – Registration Now Open

Spring is in the air! Why not stay fresh by joining our wonderful programs.

Spring programs run from April to June.

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

\*All Programs are pro-rated

Please see below for details on some our offerings.

### Barre Sculpt – Spring Session

**Date:** Thursdays from April to May

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

**Cost:** \$50 + GST for five weeks

Jen is back this spring for a short session!

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.

### **Playgroup**

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

**Ages: 0 to five**

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

Continue with our popular playgroup this spring 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! Same price, just once now.

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

### **Adult Yoga at MLCA**

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the spring session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath and movement, body and mind, heart, and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

### **Wednesday Yoga with Sophie**

**Date: Wednesdays from April to June**

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

**Cost: \$100 + GST for eight sessions (pro-rated)**

### **Friday Yoga with Sophie**

**Date: Fridays from April to June**

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

**Cost: \$125 + GST for ten sessions (pro-rated)**

### **New – Gentle Yoga**

**Date: Mondays from April to June**

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

**Cost: \$75 + GST for six classes (pro-rated)**

There's a new yoga in town!

Sophie decided to offer something a little different on Mondays.

This class is a mix of relaxation and gentle movement to help practitioners unwind and reset. Participants are asked to bring a blanket from home, wear warm comfortable clothing and be prepared to slow down. All levels welcome! MLCA membership is required to register in this program.

### **Seniors Yoga**

**Date: Thursdays from April to June**

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

**Cost: \$125 + GST for ten sessions (pro-rated)**

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.

### **Seniors Fit**

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

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

**Cost: \$85 + GST for eight classes (pro-rated)**

Spring into action with Beth!

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.

*continued on next page*



## Prancing Peanuts Spring Session

Runs April to May

Cost: \$70 per child for seven classes (pro-rated)

There are two age groups to choose from:

- 4 to 5 – Thursdays from 4:00 to 4:50 pm
- 6 to 7 – Thursdays from 5:00 to 5:50 pm

Keep the prancing going this spring!

Come join the Prancing Peanuts! 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.

MLCA membership is required to register in this program.

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

## 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 eleven to seventeen 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.



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Knowing where your food comes from and eating what you grow can be a very satisfying experience. If you do not have the space at home to grow vegetables, herbs, and flowers, join a community garden.

Not only do you get fresh produce, but you can also make new friends, catch up with neighbours and get some fresh air and exercise.

Community Crop Garden Society is a non-profit volunteer driven gardening society. We have three pesticide free garden sites in central southwest Calgary totalling 121 allotment garden beds.

### Our Three Garden Sites are:

#### 1). South Calgary Garden – 3130 16 Street SW

There are 46 garden plots, a large perennial garden, a native plant garden and a shade garden.

#### 2). Currie Booster Garden – 3410 16 Street SW

This garden has 36 garden plots. There are gooseberry and haskap bushes as well as a large rhubarb patch.

#### 3). Alternative High School Garden – 5003 20 Street SW

The 40 garden plots are laid out in a circular pattern. In 2023 we replaced the old wooden garden beds with new metal garden beds.

If you are interested in renting a garden bed, at one of our three garden sites for 2024, please email us at [membership@communitycrop.org](mailto:membership@communitycrop.org).

To find out more about us, please visit our website at [www.communitycrop.org](http://www.communitycrop.org).

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BRAIN  
GAMES

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Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)



centre for  
suicide prevention



### MLCA Member Discount Program

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

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\*For Details of all available Membership Benefits and for more information visit:  
<https://mardaloop.com/community/mlca-member-discount-program/>

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MLCA Board

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	hot dogs, drink, chips		hot dogs, drink, chips	
50 cent bingo cards		50 cent bingo cards		50 cent bingo cards
	Wear your Star Wars costume		Wear your Star Wars costume	

details and registration at [mardaloop.com/events](http://mardaloop.com/events)

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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**PROFESSIONAL ACCOUNTANTS IN MARDA LOOP:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to [www.padgettcalgary.com](http://www.padgettcalgary.com) for more information.

**LOCAL HANDYMAN IN MARDA LOOP – RELIABLE HOME SOLUTIONS:** Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email [tomh5566@gmail.com](mailto:tomh5566@gmail.com).

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**BOOKKEEPING, TAX PREPARATION, PAYROLL, GST:** I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: [mybookkeeper65@yahoo.ca](mailto:mybookkeeper65@yahoo.ca).

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, [mchasse@shaw.ca](mailto:mchasse@shaw.ca).

**INDEPENDENT DENTAL HYGIENIST:** I am a home based dental hygiene clinic in the Knob Hill area. I provide dental hygiene cleaning - hand scaling, visual dental hygiene exam, polish, fluoride and teeth Zoom whitening. I accept consignment from your insurance company, and accept all types of payment for services rendered. Charlotte Cadrain RDH 403-680-6322. [www.sparklingbritesmiles.ca](http://www.sparklingbritesmiles.ca).

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