

MAY 2023

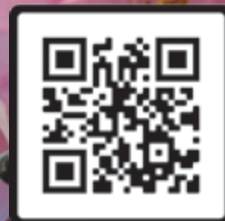
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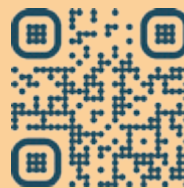


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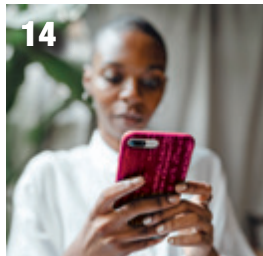




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### Seniors Learn Answers to Riddles About Road and Avenue Names

Wouldn't you expect avenues to be parallel? Yet, some of them in Calgary intersect. Tomkins Square is actually a triangle and why is there no college on College Lane? Was Maggie of Maggie Street the same person as Margaret of Margaret Street, four blocks away?



Doug Coats, a well-known local historian and guest speaker at our April get-together solved these mysteries and several other mysteries for us. He took us on an exploration tour of Calgary's quirky road system with his presentation, "When Avenues Collide: Road Riddles and Map Mysteries." Needless to say, Doug kept us all enthralled with his collection of odd names and eye-opening explanations about the evolution of our road systems.

Every month, Seniors in the Loop meet at the association hall to listen to various topics of interest such as the one above. If you are a member already, thank you and we look forward to seeing you at our next get-togethers. If you are not yet a member, do sign up and join in the learning and social interaction. See you soon!

*Heather Bhatti*

Director, Seniors in the Loop



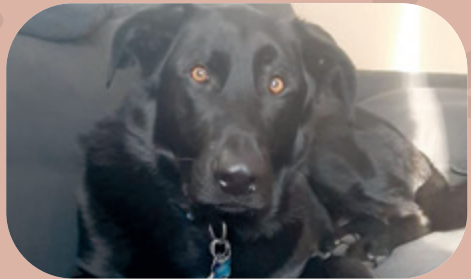
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*Riley, Dover*



*Rigby, Huntington Hills*



*Whiskey, Walden*

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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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## Cycling in Marda Loop

Marda Loop is a great community for cycling. Whether it is a ride through the neighbourhood, joining up with the bike path system, or commuting to downtown, Marda Loop has lots of cycling opportunities. It is easy to find some quiet streets to get you where you want to go. For commuting to downtown, there is the choice to use a combination of bike routes and bike lanes for a 25-minute ride to the downtown core or following the Elbow River path system for a more leisurely 40-minute ride.

In just over an hour, you can do a scenic ride around the Glenmore reservoir on the bike path that includes the Weasel Head natural area. If you need to run an errand in the Marda Loop business area, how about taking your bike instead of your car? Parking is easy at the various bike racks, and all you need is a backpack and a bike lock.

When taking to the streets or pathways with your bike, remember three keys to a safe ride: wear a helmet, follow the rules of the road and pathways, and ride defensively. No matter how experienced a cyclist you are, always wear a helmet – use your brain and protect your brain. The rules of the road apply to cyclists as they do cars. For example, failing to stop at a stop sign with your bike is not only dangerous, but a ticket for this could start at \$405. When cyclists obey the traffic rules, their actions are more predictable to motorists, making the car and bike combination better for both parties.

Speeding on the bike paths is unsafe for other users as well as discourteous. A speeding ticket on the bike path can cost \$150, or \$400 if more than 10 km/hr over the posted limit. Speed limits on the bike paths are clearly marked and are generally 20 km/hr in open stretches and 10 km/hr in more congested areas. With other users of the transportation infrastructure, particularly vehicles on the road, your own safety depends on you riding defensively with an awareness of your surroundings.

Getting out on the bikes with your family is a great way to experience what Marda Loop and its surroundings have to offer. Set a good example for your children so they can learn and enjoy this efficient and healthy way of getting around.

## YOUR CITY OF CALGARY

### Let the Dogs Run Free: Map Shows Off-Leash Areas in the City

*from the City of Calgary*



As the weather warms up, it's the perfect time to get outside and spend time with your four-legged friend. Calgary has 157 public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy.

The City of Calgary has a map that shows the location of off-leash dog areas in Calgary. View the Calgary Off-leash Dog Areas Map on the Map Gallery; it can be found at <https://maps.calgary.ca/OffLeashDogAreas/>.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

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# **Marda Loop Neighbour Day**

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10:30-1:00  
MLCA HALL**



## The Orient Express

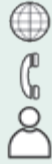
In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.



# 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)

## 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	Eye Gallery	Original Joe's
8 Cakes	EverFlex Calgary	PHI Medical Aesthetics
Altadore Dental	Fishman's Wet Cleaners	Phil & Sebastian
Bankview Barber Shop	Fresh Kids	S2 Fitness Studio
The Brewers Apprentice	Gelous Spa	Siena Flooring
Cellular Cellar	Inhale Exhale Massage Therapy	Skintelligence Esthetics
Chica Beauti Bar	Yoga & Meditation Centre of Calgary	Southwest Auto Service
Chinook School of Music	Master Chocolat	Studio Jewellers
Code Ninjas Marda Loop	Marda Loop Barber Shop	Swish Salon
Cookie Occasion	Marda Loop Brewing Company	Taylor Made Pilates
Counterpoint Dance Academy	The Military Museum	Vive Artistic Nails & Spa
CurryQueens LTD	Modern Rentals	Wisp Boutique Salon and Aesthetics
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\*For Details of all available Membership Benefits and for more information visit:

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



# Understanding Our Natural Supports

*from Alberta Health Services*

Social connection positively impacts our health and wellbeing in many ways! It can boost our mood, assist with emotional regulation, increase self-esteem and empathy, and even improve our immunity.

The concept of Natural Supports captures all the mutually beneficial connections present in our life. It acknowledges that connection can grow in a variety of ways and helps us understand different kinds of relationships. These can be on a closer level with family and friends but can also be found on a broader level with neighbours and community organizations. There are different types of connecting; it can be in the moment (social snacking) or planned (mentoring). Whether it is one-on-one or in a group, all connections add value to our support network.

Take a moment to reflect on where you find meaningful connection with others in your life. See if you can find examples of the following:

**Social Snacking:** Although they are usually easy and casual, social snacking adds to happiness, identity, and our sense of belonging. Examples include saying “hi” to people you pass on your walk, smiling at others as you wait in line for coffee, or chatting with your new neighbour.

**Naturally Supportive Communities:** Living in naturally supportive communities helps people cope with difficult challenges life may throw at us. It takes a group effort between individuals, organizations, and businesses to develop a sense of belonging and connectedness. This can include coming together to map out current opportunities for connection, set collective goals, and share resources.

**Mentorship/Mentoring:** This relationship is between a caring individual that assists a young person with support, advice, friendship, and constructive role modelling. This connection commonly grows through coaching or getting involved in local youth groups.



**Professionals Facilitating Natural Supports:** This is a planned type of support that links individuals with professionals to ensure wellbeing and connection. These professionals can also help individuals bond with their closer natural supports. For instance, a social worker can support the reconnection between members of extended family.

Natural supports look different for everyone in terms of their strength, how they enhance our life, and how they develop over time. However, the key thing to always remember is that connectedness is essential!

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- Fitness Classes

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## Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

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

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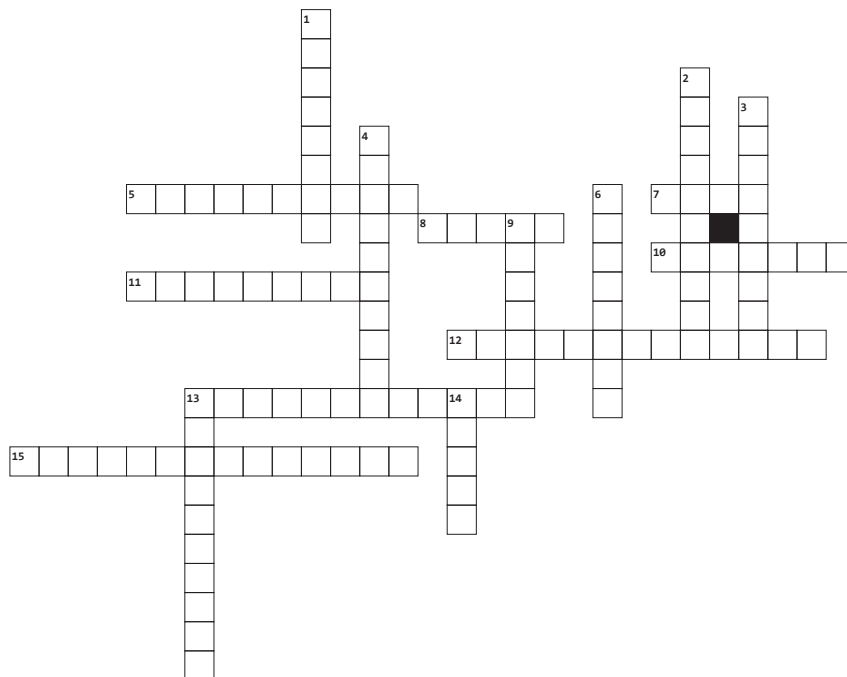
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# May Crossword Puzzle



## Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World \_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

## Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_'s theory of general relativity.
9. Canada's first \_\_\_\_\_ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of \_\_\_\_\_ was taken.

SCAN THE QR CODE FOR  
THE ANSWER KEY





### Spring Programs Registration Now Open!

Spring is in the air, and so are our programs! Continue your momentum of staying active and involved with a variety of popular programs. This includes: Peanuts Soccer, Barre Sculpt, Senior Fit, Yoga, Axe Capoeira, and more!

Our summer day camps are also open for registration. Don't waste time, register now!

Spring programs run from April to June.

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

Please see below for details on some of our offerings.

### Peanuts Soccer – Registration Now Open!

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

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

It runs May and June on Saturday mornings.

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

### Prancing Peanuts Spring Session

The Peanuts are back this spring! 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 spring due to popular demand! It will follow the aged 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:

- Ages 2 to 3 - Fridays from 9:00 to 9:30 am
- Ages 3 to 4 - Fridays from 9:50 to 10:30 am
- Ages 4 to 5 - Thursdays from 4:00 to 4:50 pm
- Ages 5 to 6 - Thursdays from 5:00 to 5:50 pm

**When:** April 20 to June 9

**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 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 12 to June 14, 2023 (No class April 26 and May 24)

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

**Cost:** \$100 + GST for 8 sessions (Pro-rated)

### Friday Yoga with Sophie

**Date:** Fridays from April 14 to June 16, 2023 (No class May 26 and June 2)

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

**Cost:** \$100 + GST for 8 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 from April 13 to June 15, 2023 (No class April 27 and May 25)

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

**Cost:** \$100 per person + GST for 8 sessions (Pro-rated)

### Seniors' Fit

Beth is back and ready to get back at it for spring!

Due to popular demand, we 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 from April 18 to June 15, 2023 (No class April 25 and 27, and May 23 and 25)

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

**Cost:** \$75 + GST for 7 sessions (Pro-rated)

### **Barre Sculpt – Spring**

Jen is back with a new class 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 from April 11 to June 1, 2023 (No class April 18 and 27, and May 23 and 25)

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

**Cost:** \$60 + GST for 6 sessions (Pro-rated)

### **Playgroup Winter/Spring 2023**

Continue on with Playgroup this 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 neighbourhood. 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

**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 onsite for the duration of the program.

Four groups to choose from:

### **Playgroup Mondays**

Every Monday from February 13, 2023, to June 12, 2023. Exceptions: No playgroup February 20, April 10, or May 22. \*Note: For the holiday Mondays, you may join another day to make up your session!

### **Playgroup Tuesdays**

Every Tuesday from February 14, 2023, to June 13, 2023

### **Playgroup Wednesdays**

Every Wednesday from February 15, 2023, to June 14, 2023

### **Playgroup Thursdays**

Every Thursday from February 16, 2023, to June 15, 2023

### **Summer Day Camps – Registration Now Open**

Registration is now open for summer day camps! We will have our usual:

#### **• MLCA Superstars**

Consider this the potpourri of camps! Children will love playing a variety of sports 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.

#### **• Little Chefs**

Treat your little chef to the experience of a cooking camp this summer at the Marda Loop Community 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!

*continued on next page*



### • Little Doctor School

Calling all future doctors! Students will explore the exciting field of medicine with a complete mini medical school experience aligned with STEM-based curriculum objectives through hands-on interactive instruction, role play, crafts, and games.

Children will have so much fun as they dress up like doctors, use real medical instruments, discover how the body works, learn about our human vital organs and function, practice suturing stitches, learn about necessary life skills such as CPR and Heimlich Maneuver, understand how medications work, be a health advocate, and more. By participating in these role-playing experiences, Little Medical School® is inspiring tomorrow's doctors today!

All supplies are included in the fee!

Camps run from July through to August weekly.

Please visit the website for more details and to register: <https://mardaloop.com/programs/>.

### 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](mailto: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 babysitters' 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](mailto:gm@mardaloop.com) if you have any questions and to receive the registry.



## GAMES & PUZZLES

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1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



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## MLCA PRESCHOOL UPDATE



Have you heard? MLCA Preschool has a new program for the 2023/24 school year! We are now offering a five day a week afternoon for four year old's Jr. Kindergarten. This program will offer additional learning opportunities such as numeracy, science, and physical development. There are still spots available! Please email [preschoolregistrar@mardaloop.com](mailto:preschoolregistrar@mardaloop.com) with any questions or to register. With the new government subsidies, it is as affordable as ever.

We are looking for members to join our committee for the next year! It is a fun way to get involved in the school and meet other preschool families. There are positions such as treasurer, director, volunteer coordinator, secretary, and a few more. If you are at all interested, please email [preschooldirector@mardaloop.com](mailto:preschooldirector@mardaloop.com). Follow us on Instagram, [@mardalooppreschool](https://www.instagram.com/mardalooppreschool), and on Facebook, MLCA preschool for news and updates.

### 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 community garden.



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## Park Cart Smart

*from the City of Calgary*

When you set out your blue, green, and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

- **Parking in a cul-de-sac:** All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.
- **Parking in an alley:** Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection. Learn more at [calgary.ca/cartplacement](https://calgary.ca/cartplacement).





### Do You Know the Signs of a Stroke?

*from Alberta Health Services*

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

#### **What are the symptoms?**

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

#### **Remember: FAST**

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca).



# How to BEE a Community Scientist

## Help us document the different pollinators in Calgary!

1



Go to **[inaturalist.ca](https://www.inaturalist.ca)** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take at least **2 clear photos of an insect**, preferably from multiple angles.



4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.

6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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# Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

**Prep Time:** 20 minutes

**Cook Time:** 8 minutes

**Servings:** 4

## Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

## Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!





## Love Where You Live: Host a Block Party!

### *A Message from the Federation of Calgary Communities*

Summer is almost here! What better way to kick off the season than to host a block party? Whether you want to get to know your neighbours, celebrate your community, discover something new about the area, or just have a good time, look no further!

There is no better way to get to know your neighbours than to have a block party. Neighbourhood block parties can develop relationships among neighbours, which creates a strong sense of community and a safer place to live. Block parties provide an opportunity for neighbourhood residents to get to know one another, have some fun, and mingle! A connected neighbourhood can create a sense of pride, safety, and cohesion for all who live there. Neighbours who know each other can look out for one another and create a safer community.

A block party isn't just about gathering people together on a street; it's about bringing a community together. Block parties offer the rare opportunity to bring a sense of small-town life into Calgary. Block parties don't have to happen on a road or a street; they can happen anywhere that brings neighbours together.

Let us help you throw the best block party that Calgary's ever seen! All you'll need to do is follow these steps:

- 1. Put together your party planning committee.** It may seem like a daunting task, but planning a block party is easier than it seems – especially with a good group of neighbours working together! It's best to begin this step at least two months before the date of your event to leave time for planning, petitioning, and permits.
- 2. As soon as possible, get out there and get your petition signed by all affected neighbours!** This is an important step that must be completed early in the process. The following information should be indicated on the petition:
  - a. Date of the party/activity.
  - b. Address of the party/activity.
  - c. Names and addresses of all affected residents within the block area.
  - d. One adult signature from each household either accepting or rejecting the block party/street activity. If rejected, obtain a brief statement explaining why so that consideration may be given by approving authorities on the applicant's request.
  - e. Whether the resident owns or rents the property within the block area.
  - f. Home and business telephone number of the applicant.
  - g. Map showing closure of road for the block party/activity.

### **3. Apply for a Block Party and Play Street Permit with the City of Calgary.**

Cost: Free

Timeline: Minimum of 15 business days with completed petition

- 4. Put your idea together.** Think of the fun, different things you can do! Your block party could follow any number of themes: a BBQ, potluck, catered meal, picnic, garden tour, cultural gathering, water park, or historical walk. Will you have games? Live music? An outdoor movie? A talent show? The options are endless for what a block party could be. Have fun with mixing and matching ideas!

- 5. Let's talk logistics!** A crucial step in bringing your block party to life is planning the logistics. Here are a few things for you to think about:

Parties cost money! How are you planning to pay for your block party? Neighbours can chip in for the party, but also consider reaching out for donations/sponsorships from local companies to cut costs on food and entertainment! Be sure to check for any grants or funding opportunities you may be eligible for. Otherwise, you could hold a local bottle drive or a community garage sale to help fundraise for your block party!

Will you need tables/seating? Volunteer supervisors? Decorations? Equipment? A rain-out option? What is your plan for food and drinks?



### Stargazing with Pat J

#### How Come We Don't Have a Lunar or Solar Eclipse Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Let's take a trip down memory lane and imagine that our solar system is an old-style music record album with the Sun in the middle and each song representing a planet's orbit.

As the planets formed at the same time, about 4.6 billion years ago, they were all pretty much level with each other. Astronomers refer to this flat disk as the ecliptic plane.

Now, considering its traumatic birth was the result of a Mars-sized object smashing into Earth, our Moon has never been one to follow the crowd.

First off, over the course of each month, the Moon's orbit around Earth varies from 5 degrees above the ecliptic plane to 5 degrees below.



A full moon takes place when the Earth is between the Moon and the Sun. If the Sun, Earth, and Moon all line up perfectly, with the Moon smack dab on the ecliptic plane, the Moon will enter the Earth's shadow and a lunar eclipse will occur.

Conversely, a new moon happens when the Moon is between the Earth and the Sun. If all three align, with the Moon on the ecliptic, the Moon's shadow will move across the surface of the Earth and a solar eclipse will occur.



The reason we don't have a lunar or solar eclipse every month is because most of the time, the Moon's orbit is either above or below the ecliptic plane, which causes the Moon to miss Earth's large shadow or Earth to miss the Moon's tiny shadow.

A lunar eclipse occurs about three times a year while a total solar eclipse only happens every 18 months.



**6. Promote your party!** Let's talk promotion – after all, you want people to show up! Chances are that your neighbours were made aware of the party when you petitioned to them earlier. But have you updated them with a date, time, and location? Consider making a flyer to pass around door-to-door! Social media is also a great free tool to spread the word. Consider partnering up with your local community association to help spread the word! They might also have some resources or tips and tricks to help you throw the best block party possible.

\*Note that some grants require partnership with insured organizations (e.g., community associations) to receive funding.

#### **7. Have fun!**

For more information, check out this handy guide to block parties: <https://calgarycommunities.com/wp-content/uploads/2023/03/Tip-Sheet-Love-Where-You-Live-Host-a-Block-Party.pdf>.

### Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

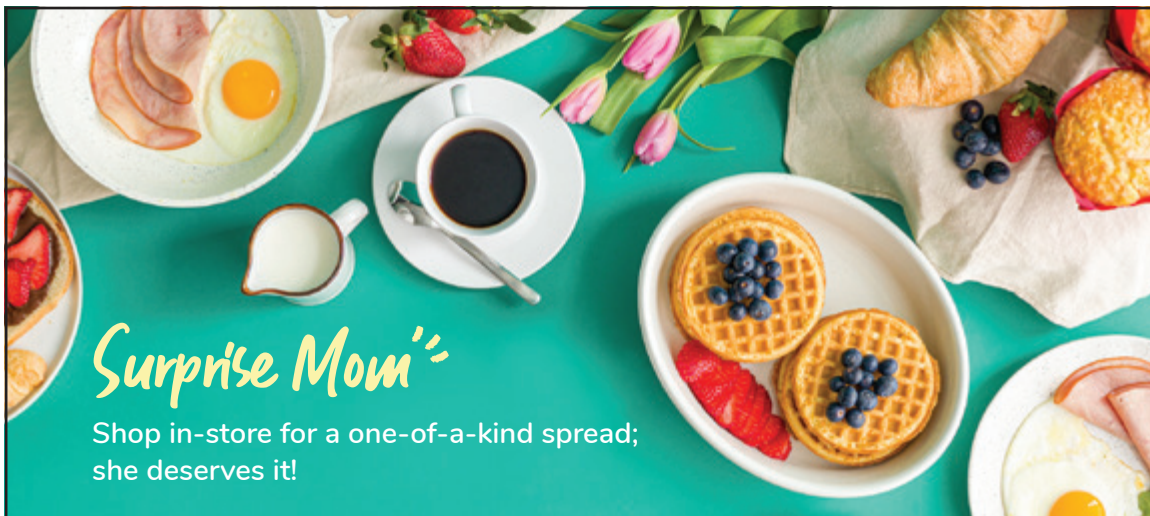
1. What date in May does Mother's Day fall on?
  - a. The first Sunday of May
  - b. The second Sunday of May
  - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
  - a. United States
  - b. Canada
  - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
  - a. Emily Green Balch
  - b. Gerty Theresa Cori
  - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
  - a. Abba
  - b. Blondie
  - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
  - a. \$52
  - b. \$111
  - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
  - a. 23%
  - b. 37%
  - c. 45%
7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
  - a. Coincidence
  - b. Repetition
  - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
  - a. Almost 10 million
  - b. 12 million
  - c. Almost 13 million

*Courtesy of Springbank Hill Community Association*



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## BRAVEHEART

This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. *Braveheart* was such a success that it increased tourism in Scotland!



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2023  
**Indulge**  
marda loop's official  
**mad hatter** tea party

*our story*

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Isn't it perfectly bonkers to have a  
Mad Hatter's Tea Party in the  
"Year of the Rabbit"!

• For 18+ years, INDULGE has been Marda Loop's most-talked about social soiree - one that brings friends and neighbours together to celebrate our vibrant community!

• INDULGE funding is generated through local businesses generously providing sponsorships, donations and silent auction offerings.

• INDULGE proceeds support all the MLCA's programs plus maintenance of the facility and recreation areas.

• Hosted exclusively by a volunteer-led committee, INDULGE welcomes YOU to volunteer! We have openings from planning to set-up - **CALL 403.608.3710**

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2-3 Storey	8	\$998,813	22
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	1	\$285,000	19
2 Bdr	0	--	--

## Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	0	--	--
2 Storey	5	\$999,600	8
3 Storey	0	--	--
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	2	\$685,000	34
2-3 Storey	2	\$501,500	27
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	3	\$329,917	17
2 Bdr	2	\$465,000	15

## South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	1	\$861,000	1
2 Storey	1	\$1,020,000	10
3 Storey	0	--	--
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	3	\$451,500	21
2-3 Storey	0	--	--
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	2	\$237,500	61
2 Bdr	8	\$307,225	24



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