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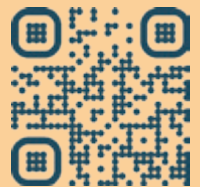
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Share your thoughts on the future of your community

West Elbow Communities Local Area Planning

**Get involved
now until
October 24, 2023**

- Provide input online at calgary.ca/WestElbowPlan
- Check your mailbox for an engagement booklet which includes a feedback form that can be mailed in with prepaid postage included.
- Attend an in-person or virtual engagement session – check out the schedule online at calgary.ca/WestElbowPlan

Apply to join a West Elbow Working Group

We Need you!

Interested in getting involved at a deeper level? Apply to join one or both working groups:

- 1. The West Elbow Local Area Planning Working Group** will provide feedback on a wide range of topics connected to the entire West Elbow Communities area.
 - 2. The West Elbow Heritage Guidelines Working Group** will provide feedback on heritage guidelines, so that new developments complement identified heritage assets within the West Elbow area.
- Apply online by October 24, 2023 at calgary.ca/WestElbowPlan

We want to hear from you about the past, present, and future of your community and the surrounding West Elbow Communities: **Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.**

Your input will help shape a plan for your local area (a local area plan) to guide the evolution of these communities over the next 30 years. The local area plan will provide guidance and direction when ideas for new development, investment, and community improvements are proposed or considered within this area in the future.

Through the first phase of engagement, ENVISION, we're discussing:

- 1. PAST:** what is important for people to know about the area's history.
- 2. PRESENT:** opportunities and challenges that exist within the area today.
- 3. FUTURE:** what's important to you and for future generations when thinking about how the area could evolve.



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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.



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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
- 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/>

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ALTADORE



GARRISON WOODS



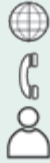
SOUTH CALGARY



MLCA MEMBERSHIP

INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit www.mardaloop.com/membership

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!
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- AGM Info: mardaloop.com/events/mlca-agm

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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.

 @mardalooppreschool
 MLCA Preschool

www.Mardaloop.com/preschool for more information or to register.

Marda Loop Communities Association: Notice of the Annual General Meeting

The Annual General Meeting of the Marda Loop Communities Association will be held on Monday, October 23 at the Marda Loop Communities Association's Lower Hall, 3130 - 16 St SW, Calgary, Alberta, commencing at 7:00 pm.

The agenda for the meeting will include:

- Approve and adopt the 2022 AGM minutes
- President's report
- Review and accept the 2022-2023 audited financial statements
- Appointment of the auditors for 2023-2024
- Standing committee reports
- Set membership fees
- Nominations and elections of officers and directors

All members and community residents are welcome to attend. To be entitled to vote at the AGM, you must be a member in good standing as of September 7, 2023.

For further information, please contact president@mardaloop.com.

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Fall Programs – Registration Now Open

Fall back into routine with our beloved programs! Please visit our website for all our great offerings including Senior Fit, Yoga, Prancing Peanuts, Playgroup, Barre Sculpt, and hopefully a few new ones we've been planning!

Fall Programs run from September to December.
www.mardaloop.com/programs/

All programs can be pro-rated.

Please see below for details on some 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.



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Bike Park Update

We're almost there!

Our new bike track is nearing completion (and it looks beautiful), but there is still a chunk of landscaping to be done for the finishing touches. This is going to be a fantastic amenity, but it needs to be fully finished to ensure this.

With that being said, we are now looking at spring 2024 for the official opening date. It will take at least the next month to let the landscape settle and we don't want to rush the project. We ask that you please remain off the bike track to ensure the track and foundation is not damaged. This is very important to make certain the longevity and integrity of the track remains intact.

We would like to thank you all for your patience and enthusiasm throughout this project and we are very excited!

Special thanks to William Blake Homes for their generosity; they supported us from the start. This would not have even been possible to get off the ground without them. Thank you!

Also special thanks to the Calgary Parks Foundation and The Flames Foundation who contributed throughout the project and supported us along the way, especially when additional costs would arise and they stepped up to ensure completion of the project.

Finally, a few more sponsor shoutouts to Surreido Orthodontics, Garrison Woods Dental, and Chew Chew Pediatric Dentistry for their generous support along the way. There were also many public donations and other sponsorships that made this new amenity possible. Thank you!

We can't wait for the entire community to enjoy this new addition to our neighbourhood.

Stay tuned for the Grand Opening in spring 2024!



Seniors in the Loop

A Far from 'Sketchy' Morning for Seniors

It was a great way to regroup after what was supposed to be a summer break. What with hikes and volunteering at community events in the heat, it was good to sit down to a cool sketching workshop.

The workshop was directed by Ralph Temple who is a well-known artist who works in a wide range of media. Ralph chose to introduce us to the basics of sketching by getting us to draw our interpretations of flowers and fruit arranged on tables. Many of us discovered a talent we never thought we had and we even surprised ourselves with our productions.

We will be meeting on the first Monday morning of each month from now until June. Every gathering will start with a light fitness session, such as the one in the picture, led by Megan who never fails to come up with some interesting exercises.

Get togethers will be held in the Marda Loop Communities Association's 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 snacks are served. Senior members will receive details by email. For more information, or with suggestions/comments, email seniors@mardaloop.com.

The next Seniors in the Loop meeting will be on Monday, October 2 from 9:00 am to 12:00 pm. See you there!

Heather Bhatty

Coordinator, Seniors in the Loop



Word of the Month

Arcane: adjective (aar-kayn)
Mysterious, obscure, or
understood by few.
"He had an arcane knowledge
of Vedic astrology."



TREASURER NEEDED!

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A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.

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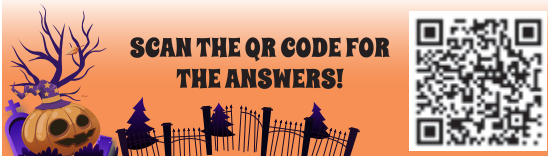
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GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in _____ seconds.



SCAN THE QR CODE FOR THE ANSWERS!



TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep "tunnel" around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a "memory" so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

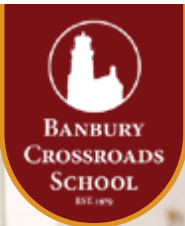
If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



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DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	1	\$1,065,000	15
2 Storey	6	\$1,276,667	29
3 Storey	1	\$1,995,000	10

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	6	\$599,667	24
2-3 Storey	4	\$900,952	17

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	2	\$213,000	51
2 Bdr	1	\$265,000	10

Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	0	--	--
2 Storey	1	\$785,000	21
3 Storey	0	--	--

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	3	\$698,333	26
2-3 Storey	3	\$689,667	11

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	1	\$339,000	57
2 Bdr	0	--	--

South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	0	--	--
2 Storey	1	\$720,000	13
3 Storey	1	\$916,000	14

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	7	\$555,443	39
2-3 Storey	3	\$1,018,833	30

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	4	\$271,888	42
2 Bdr	5	\$303,800	20



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