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HAPPENING
AT THE MLCA?

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QR CODE

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Calgary



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More information available at calgary.ca/mardaloop

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GRAS**
Sun, Aug 11!

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CONTENTS

10 MLCA PROGRAMS

16 MLCA SUMMER SURVEY

20 ENHANCING MOBILITY AND COMMUNITY CONNECTIVITY: THE MARDA LOOP MAIN STREETS PROJECT

28 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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GARRISON WOODS



SOUTH CALGARY



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MLCA SOURCE ROLES AND CONTACT LIST

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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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SENIORS IN THE LOOP

Seniors Gatherings

Monthly get togethers will resume again in September. Senior MLCA members will receive details by email. For more information, or suggestions/comments, email seniors@mardaloop.com.



SENIORS IN THE LOOP STAMPEDE PARTY KEEPING THE SPIRIT ALIVE!



Summer IN MARDA LOOP



11
AUG

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Marda gras

Experience Calgary's longest running street festival! Walk the street, connect with community and local business, enjoy an exciting lineup of live music, dance and entertainment for all ages and attend the legendary pet pageant!

SUNDAY, AUGUST 11

10AM - 5PM | 33 AVE SW | FREE TO ATTEND

PET PAGEANT | 1:45PM - 2:30PM | MAIN STAGE AT 20 ST



19
JUL

30
AUG

27
SEP

MARDA LOOP NIGHT MARKET

70 locally curated vendors + 4 food trucks, Marda Loop Brewing summer patio, a live music stage and activities for the kids

FRIDAYS, JULY 19, AUGUST 30, SEPTEMBER 27

5PM - 10PM

IN THE LOOP WITHIN THE LOOP - 18 ST & 34 AVE SW

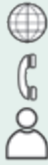
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MLCA MEMBERSHIP

INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit www.mardaloop.com/membership

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
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MLCA Preschool – 2024/2025 – Registration Now Open – Spaces Still Available

The Marda Loop preschool hopes everyone is having a wonderful summer. We are missing our students dearly and cannot wait to welcome them back next month. If you are looking for a wonderful play-based program in the heart of your community, there are still spaces left in our three-year-old (AM and PM) programs along with our four-year-old PM class.

Interested in getting more involved? We have spaces to fill on our parent committee. Please reach out if you could see yourself as our registrar or treasurer. We would love to have you! See you in September!

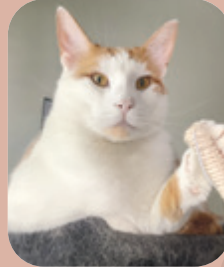


JOKE OF THE MONTH

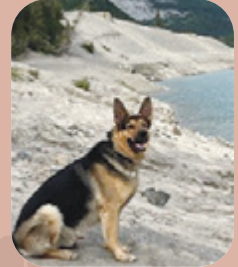
WHAT KIND OF KEY OPENS A BANANA?
A MONKEY

A cute cartoon monkey with a red body and a yellow banana in its hands.

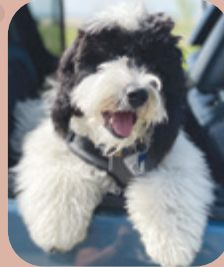
Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



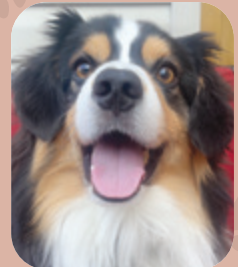
Harry, *Bridgeland*



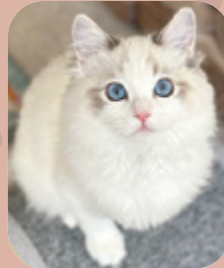
Pikko, *Hillhurst Sunnyside*



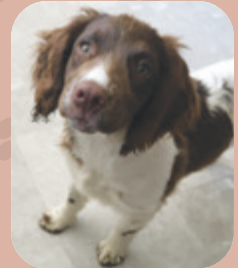
Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,
Discovery Ridge



Tilly, *Deer Run*

To have your pet featured, email news@mycalgary.com



Summer Camps Registration - That's a Wrap!

The first week of August marks the end of our camp season. Thanks to everyone who participated the past month and half! If there are any camp themes you would like to see in the future, please reach out to Kevin at gm@mardaloop.com. See you next year!

Summer Adult Yoga at MLCA

We are excited to announce we have Summer Yoga!

We welcome back our amazing and experienced yoga teacher Sophie for the Summer 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 July 3 to August 28, 2024

(No Class August 7 and 21)

Time: 7:00 to 8:00 pm

Cost: \$85 + GST for seven sessions (Pro-Rated)

Fall Programs Now Open!

Fall back into routine with our beloved programs this September! See below for some of our offerings, and please visit our website for more details: www.mardaloop.com/programs/.

Fall Programs run from September to December.

Playgroup Fall 2024

Time: 9:30 to 11:00 am

Ages: 0 to 5

Cost: Visit Website

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.

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.

Prancing Peanuts Fall Session

Date: September to November

Cost: Visit Website

The Peanuts are back this fall! 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).

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: Visit Website

Friday Yoga with Sophie

Date: Fridays from September to December

Time: 9:30 to 10:30 am

Cost: Visit Website

Seniors Yoga

Date: Thursdays from September to December

Time: 11:15 am to 12:15 pm

Cost: Visit Website

Age doesn't matter, yoga is for everyone!

Enjoy yoga at a Senior level with 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 September to December

Time: 1:30 to 2:45 pm

Cost: Visit Website

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.

Barre Sculpt

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.

Visit our website for date, time, and cost.

New – Young Rembrandts

New Program Alert!

Are your littles showing an interest in drawing? Or want to stir those creative juices? Look no further! We have

now partnered with Young Rembrandts to bring you some introduction to drawing classes for those young minds.

Children already love to draw – we just take their love a little further by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements. During our once a week classes, we use an innovative step-by-step approach with drawing topics your kids can relate to and learn from. This process is specifically designed to improve student perception, visualization and organizational skills.

Our program dispels the myth that art is a talent a child has or does not have. With your help we can work with the children in your community and help to build their confidence in drawing!

We use only dry media such as crayons, pencil crayons and markers making our clean up very easy. We will leave no mess behind and make this a fun and safe program for children from four to twelve years of age.

Our nurturing and encouraging environment bring out the best in children. Students enrolled in Young Rembrandts' classes also display an increase in the following skills:

- Fine motor skills, handwriting readiness, and attention span
- Attention to detail, time on task
- Visual/spatial organization
- Patience, discipline, and focus

Young Rembrandts is a different kind of learning and a powerful kind of fun!

Visit our website for date, time, and cost.

Gentle Yoga

Date: Mondays from September to December

Time: 7:00 to 8:00 pm

Cost: Visit Website

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

continued on next page



MLCA PROGRAMS

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.

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@mardalooop.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@mardalooop.com if you have any questions and to receive the registry.



Bottle Depot Day

by Cheryl Dunkley

Off to the bottle depot, six bags in tow
Loading up the car is finally done, Let's go!
Parking is scarce, line up out the door.
There's room on the sidewalk for barely one more.

Once inside, there's workers counting fast,
They do this for hours, how long can they last?
The noise, the clatter, everything is sticky.
No one is smiling, the job is too icky.

The cash machine states the refund to obtain.
Today the machine is broken, back to human help
once again.

Don't go on Monday, after a big weekend of sports.
Remember to tip the workers for all their sorts.

The thousands of recyclables in giant bags piled up
to the sky
Where do they end up, one wonders how and why...



Word of The Month

Mellifluous: adjective (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.

25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

by the City of Calgary

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.



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Yahoo! Stampede Breakfast Was a Blast!

The Stampede Breakfast on July 13 was an absolute blast! It's all thanks to our fantastic Breakfast Committee, superstar volunteers, and sponsors who made it happen!



2024 Stampede Committee: Aranka Rosettis, Catherine Fraser, Frank Fabiano, Kevin Forbes, Rebecca Naidoo, and Sarah Firman.

Breakfast Volunteers: Alex Du, Alyssa Preston, Andrea Joyce, Calvin Yip, Carla Fabiano, Carolina Gomez, Christina Kim, Corrine Lung, Darren Grewloski, Des Smith, Doug Fraser, Erica Myles, Gene Lung, Heather Bhatti, Hugo Batteke, Julia Fabiano, Kayley Brookson, Kristina Bouldan, Linda Martin, Lucy Sobczyk, Mindy Chatta, Monica Quinn, Nancie Adie, Pat Klein, Rain Yu, Rita Shewchuk, Robert Bhatti, Rosha Golzar, Sarah Rentz, Sarah Tremblay, Sze Wei, Tom Klein, Tom Rosettis, Yu Chien, and Elders from The Church of Jesus Christ of Latter-day Saints.

2024 Stampede Sponsors: Big Fish & Open Range, Blush Lane, Chew Chew, Deluxe Diner, Eye Gallery, FYiDoctors, Garrison Woods Dental, Marda Loop Barber Shop, Marda Loop BA, Nimji Real Estate Advisors, Old Street Developments, Orange Theory, Original Joes, RBC, Rogers, Safeways, Surreideo Orthodontics, and Tim Hortons and staff who served coffee.

Special thanks to the Brian Volke Band and the Line Dance Legends led by Murielle Clements who kept the crowd tappin' and clappin'!

Guest appearances: MP Greg McLean, Mayor Gondek, Councillor Courtney Walcott, and Naheed Nenshi.

Let's give 'em a big ol' round of applause, folks! They are the heart and soul behind this unforgettable Stampede Breakfast!

Heartfelt gratitude,

Rebecca

Stampede Chair



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YAHOO



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Marda Loop Communities Association

Marda Loop Communities Association Needs You!
To complete this short survey....

Marda Loop Communities Association Summer Survey is NOW OPEN

For more information visit: <https://mardaloop.com/initiatives/mlca-engagement-survey/>



GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

We Need Some Marketing Committee Members!



We're looking for some individuals to join our Marketing Committee at the MLCA! If you're looking to give back some time to the community and have a passion for Marketing, we want to hear from you. We're looking for anybody with Graphic Design, Web Design, and/or Social Media Marketing experience to support the promotional efforts of the MLCA.

If interested, contact Christina at marketing@mardaloop.com.

Come have some fun!



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Join Our Board of Directors as the MLCA Secretary

Are you organized, detail-oriented, with strong written and verbal communication skills, and passionate about community engagement? We're looking for a dynamic individual to join our volunteer Board of Directors as a Secretary for our vibrant community association. The Secretary is also a member of the Governance Committee.

A legal background and experience in administration or similar roles, along with proficiency in Microsoft Office, would be beneficial.

Start date: September 2024

For more information and how to apply, please email Rebecca at volunteer@mardaloop.com.



SECRETARY NEEDED!

Join the MLCA Board

Live in Marda Loop?
Have administration experience?
Want to help your community?

CONTACT US!

Email: volunteer@mardaloop.com

Marda Loop Communities Association

FASTEST MAN ALIVE

Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.



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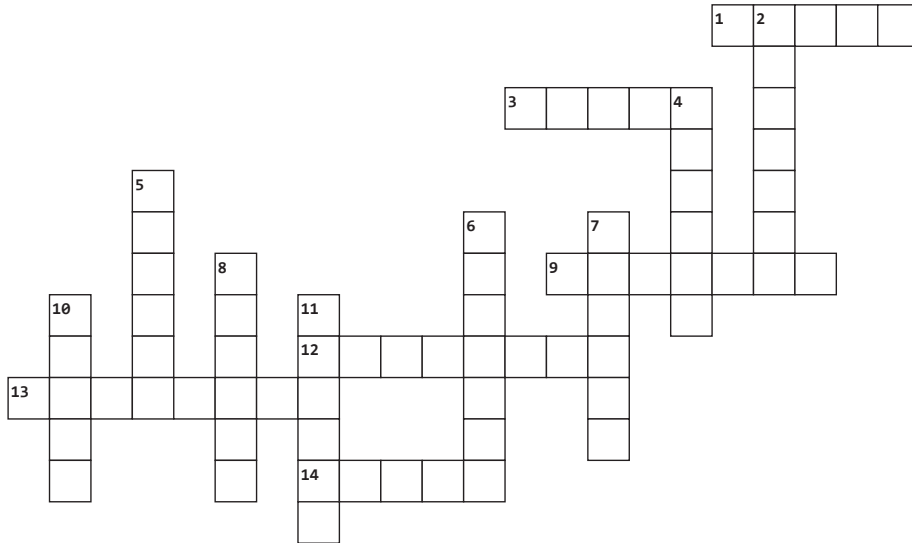
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August Crossword



Across

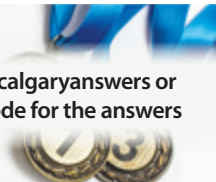
- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Enhancing Mobility and Community Connectivity: The Marda Loop Main Streets Project



The bustling community of Marda Loop in Calgary is undergoing a transformative change with the implementation of the Marda Loop Main Streets project. Designed to prioritize pedestrian experiences, enhance public spaces, and improve overall mobility, this initiative aims to redefine urban living in this vibrant neighbourhood.

Improving Mobility Amidst Construction Challenges

Construction, while necessary for progress, often poses challenges to community mobility. With multiple streets and sidewalks temporarily closed, the project team acknowledges the inconvenience caused to residents and visitors. However, proactive measures such as setting up temporary bike and e-scooter parking along 34 Ave are being implemented. These measures not only mitigate disruptions but also encourage sustainable modes of transportation, facilitating easier access to local businesses and amenities during the busy construction season.

A Vision for Enhanced Public Realm

The core vision of the Marda Loop Main Streets project is centred around creating well-designed public spaces that reflect the unique character of Marda Loop. This includes:

- **Pedestrian Prioritization:** Streets like 33 and 34 Avenues will feature enhanced pedestrian safety measures such as curb extensions and improved traffic flow, fostering a safer environment for walkers and cyclists alike.
- **Community Gathering Spaces:** New public spaces and gathering areas will be integrated, providing

opportunities for community interaction and supporting local businesses.

- **Climate Considerations:** In response to climate risks, the project incorporates features like an enhanced urban tree canopy and public water fountains. These elements not only beautify the area but also contribute to climate resilience, providing shade and promoting environmental sustainability.

Loop Within a Loop

One of the innovative strategies within the project involves a public space called a loop within a loop. From The City of Calgary's Main Street website, the "Loop Within the Loop" is a square block of programmable public space with enhanced finishes and features so special events in Marda Loop can continue to flourish. This unique space will have new public seating, improved lighting, porous pavers, enhanced landscaping, a public drinking water foundation, food truck outlet infrastructure, and a community kiosk. The Marda Loop Night market will also be held there this summer and fall. To find out more information go to <https://mardaloopnightmarket.ca/>.

Community Involvement and Future Outlook

Throughout the project, community involvement has been paramount. Feedback from residents has shaped the design process, ensuring that local needs and preferences are met. As construction progresses, continuous communication channels remain open to address concerns and provide updates, fostering transparency and trust within the community.

Looking forward, completion of the Marda Loop Main Streets project promises not just improved infrastructure, but a revitalized community hub where mobility, sustainability, and community spirit converge. By prioritizing pedestrian experiences, enhancing public spaces, and embracing sustainable design principles, Marda Loop is set to redefine urban living in Calgary, embodying its unique identity as a destination within the city.

In conclusion, the Marda Loop Main Streets project stands as a testament to innovative urban planning, showcasing how thoughtful design can enhance community connectivity and create lasting positive impacts on urban mobility and quality of life.

As construction progresses, the community eagerly anticipates the realization of this transformative vision, ensuring Marda Loop remains a cherished and dynamic neighbourhood for generations to come.



Marda Loop Communities Association

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/>

How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

Insomnia – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

Obstructive Sleep Apnea (OSA) – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

Other breathing problems – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

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Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



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