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MLCA SOURCE ROLES AND CONTACT LIST

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Hall Services and Rentals	Alyssa Preston hallrentals@mardaloop.com

Monthly MLCA Board Meeting

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



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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We're building a 900+ metre multi-use pathway (MUP) on the south side of 34 Avenue S.W. It will connect Marda Loop to The City's bikeway (5A) network. Once complete, the 5A network will be 4,000km of connected pathway! The MUP will separate cyclists from vehicles, making sharing the road a safer experience for everyone.

Learn more at Calgary.ca/MardaLoop



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Eggfest

The Marda Loop BIA's premier Easter event, Eggfest, is back on March 30, 2024!

Join us in the Loop from 11:00 am to 2:00 pm to hunt for chocolate eggs across our business district and enjoy a wide variety of family activities!

Get more information at www.visitmardaloop.com and follow along on social media @visitmardaloop.



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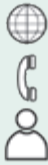
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MLCA MEMBERSHIP

INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit www.mardaloop.com/membership

Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

ANNUAL MEMBERSHIP FEES

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



QUICK FACTS

Marda Loop Main Streets

QUESTIONS ABOUT MAIN STREETS CONSTRUCTION?


We understand you may have questions about Main Streets construction. Here are answers to some of the most common questions. You can also contact the project team at mardaloopmainstreets@calgary.ca. Thank you for your ongoing support.



What is this project all about?
This is Marda Loop Main Streets. A Main Street is the cultural, social, and economic focal point of a community. This is Calgary's largest Main Street project and investment to date.

What are you actually doing/ building?
We are making a ton of improvements in the community. Many benefits will come as a result of this construction! We are:

- Completely reconstructing much of the roadways.
- Installing new street furnishings that brand Marda Loop as a destination, including streetlights, benches, bike racks, waste bins, and more. We are even refurbishing historic signs to showcase the neighbourhood's unique character.
- Improving safety and traffic flow at 11 intersections. Intersections will now have "curb extensions" or bump outs. These make the crossing distance shorter for pedestrians and improve visibility so you can better see when a car is coming (and they can better see you!) It will be better for pedestrians and drivers.
- Creating four plaza and gathering spaces.
- Adding new landscaping that is designed to thrive specifically in Marda Loop, based off a climate analysis of the community.
- Upgrading utilities to help manage future growth and working with ENMAX, ATCO and others to upgrade their infrastructure as well.



Will 33 and 34 Avenues S.W. become permanent one-ways?
No. Once construction is complete 33 and 34 Avenues will return to two-way traffic. The temporary one-way detour allows us to maintain traffic on both Avenues and keep on-street parking where possible while still maintaining a safe space for crew to work.

Is there going to be a bike lane?
Technically, it will be a multi-use path (MUP) along the south side of 34 Avenue. An MUP is a shared facility for cyclists and pedestrians that is physically separated from the road. It will be adjacent to the sidewalk and off the road. We chose a MUP because it delivers increased safety for users and aligns with the feedback we heard from the community: that preserving on-street parking is a high priority. A MUP also allows parking to be maintained on both sides of 34 Avenue S.W. You can learn more about the other types of cycling infrastructure we considered at www.engage.calgary.ca/33ave.

Will there be parking on 33 Avenue S.W. after construction is done?
Yes, there will be parking on both sides of the Avenue, as well as two-way traffic.

33 Avenue S.W. will be an avenue where pedestrians can support local businesses via safe and accessible walking and wheeling connections, enjoy an enhanced public realm with more spaces to sit and visit, and experience the unique character of the community. It will see new curb extensions to protect pedestrian safety, improved traffic flow and new lights, and pedestrian rest areas.

Will there be parking on 34 Avenue S.W. after construction is done?
Yes, there will be parking on both sides of the Avenue, as well as two-way traffic. To maintain the parking and two-way vehicle traffic, plus make room for the new multi-use path on the south side of the road, we'll be reorganizing the streetscape and using the road and utility-right-of-ways. This extra space will allow us to make sharing the road a safer and more predictable experience for pedestrians, cyclists and drivers.

34 Avenue S.W. will be a sleek travel corridor where people can walk, wheel, and drive safely alongside each other. It will offer connections to neighbouring communities, pathway connections, and local businesses. Our goal is to make sharing the road a safer and more predictable experience for everyone and to encourage Calgarians to visit and spend time in Marda Loop.

How long will construction take?
Two years. We are scheduled to complete construction at the end of 2024. We may return to do some landscaping and final touchups in 2025. There will be much to enjoy!

Where can I learn more?
Our website has all the most up-to-date information: www.calgary.ca/mardaloop. You can also sign-up for our newsletter and receive project updates direct to your inbox.



Winter Programs – Can still participate in the last Month!

There's still time to try out one of our classes at a prorated price for the remainder of the Winter Session.

Winter Programs run from January to April.
www.mardaloop.com/programs/

*All Programs are Pro-Rated

Please see below for details on some of our offerings

Summer Camps Registration - Opening this Month!

Stay tuned to social media and our website for updates.

Summer Day Camps offer a range of weekly camps such as Sports, Cooking, Arts, and more for ages five to fourteen. They will run through July and August.

Spring Program Registration Opening Soon!

Spring is around the corner which means our Spring Programs will also be opening this month. Stay tuned to social media and the website on all our offerings. Don't miss out as they fill up quick!

Peanuts Soccer – Registration Now Open!

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

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

It runs May and June on Saturday Mornings.

To register and for more details visit
mardaloop.com/programs/.

New – Young Rembrandts

We have two classes to offer:

Preschool Drawing (Ages four to six)

Time: 4:30 to 5:15 pm – Tuesdays

Elementary Drawing (Ages six to twelve)

Time: 5:30 to 6:30 pm – Tuesdays

Runs February to March

Cost: \$100 for six sessions

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 intro 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!

Playgroup 2023/2024

Time: 9:30 to 11:00 am

Ages: 0 to five

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

Continue with our popular playgroup this winter and meet some other families.

Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighbourhood. For infants and children up to five years old. MLCA membership is required to register in this program.

*We've decided to simplify things and make it one registration for the entire year, instead of a gap in February! Same price, just once now.

Please Note: Although only one fee applies per family, each child must be registered, and each name must appear on your receipt.

This is a parented session, parents/guardians are required to remain on site for the duration of the program.

Four groups to choose from:

- Playgroup Mondays
- Playgroup Tuesdays
- Playgroup Wednesdays
- Playgroup Thursdays

* Please visit website for specific dates

Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the Winter 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 January to April

Time: 7:00 to 8:00 pm

Cost: \$115 + GST for nine sessions (pro-rated)

Friday Yoga with Sophie

Date: Fridays from January to April

Time: 9:30 to 10:30 am

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

New – Gentle Yoga

Date: Mondays from January to April

Time: 7:00 to 8:00 pm

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

There's a new yoga in town!

Sophie decided to offer something a little different on Mondays.

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

MLCA membership is required to register in this program.

Seniors Yoga

Date: Thursdays from January to April

Time: 11:15 am to 12:15 pm

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

Age doesn't matter, Yoga is for everyone!

Enjoy Yoga at the Senior level with the comfortable instruction from our great teacher Sophie! Move with strength and ease with a regular dose of yoga. This class is designed to encourage mobility at any age. Whether you're new to yoga or whether you've been practicing all your life, you'll enjoy the playful nature of this gentle yoga class.

MLCA membership is required to register in this program.

Seniors Fit

Date: Tuesdays and/or Thursdays from January to April

Time: 1:30 to 2:45 pm

Cost: \$120 + GST for eleven classes (pro-rated)

Beth is Back and ready to get back at it after the holiday 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

Date: Thursdays from January to April

Time: 5:15 to 6:15 pm

Cost: \$110 + GST for eleven classes (pro-rated)

Jen is back this winter!

Join us for a sixty-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.

continued on next page



Prancing Peanuts Winter Session

Cost: \$80 per child for eight classes (pro-rated)

Runs January to March

There are four age groups to choose from:

- Ages two to three – Fridays from 9:15 to 9:45 am
- Ages three to four – Fridays from 10:00 to 10:40 am
- Ages four to five – Thursdays from 4:00 to 4:50 pm
- Ages six to seven – Thursdays from 5:00 to 5:50 pm (New! We changed the age to include seven-year-olds)

Although Caroline is gone, we have new instructors excited and ready to teach your little ones to dance!

Come join the Prancing Peanuts! This program is for children to get them involved in dance at an early age. This is an introduction to the basics of ballet in a fun filled environment. Encouraging your little one to express themselves through music while picking up some foundations of dance along the way.

MLCA membership is required to register in this program.

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

Babysitters Registry

This service is available to all MLCA members with active memberships. Both babysitters and the interested families must have valid memberships. Individuals aged eleven to seventeen years will require a parent/guardian's signature on the waiver form (available by emailing gm@mardaloop.com) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The MLCA and its Board of Directors do not pre-screen/sanction/verify any credentials for those using this service. The employer takes full responsibility for interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed. Please email gm@mardaloop.com if you have any questions and to receive the registry.



MLCA Preschool Update

2024/2025 Registration Opened February 1!

February was a special month at the preschool celebrating love and friendship! Our children worked hard on crafts and had a great Valentine's Day. They focused on feelings and emotions while reading lots of books. Looking to join us in the fall? Registration for the 2024/2025 school year is now open and we still have spaces available!

For more information on our programs please visit our website or contact

preschoolregistrar@mardaloop.com.

To register please visit

www.mardaloop.com/preschool/registration.

Want to get more involved? We have a few spots opening on our parent run committee this fall. We would love to have you!

Email preschooldirector@mardaloop.com.

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 a community garden.

Find us on Instagram @mardalooppreschool.

Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.





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Hunting for Luck



Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



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

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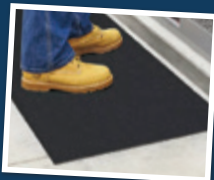
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INDEPENDENT DENTAL HYGIENIST: I am a home based dental hygiene clinic in the Knob Hill area. I provide dental hygiene cleaning - hand scaling, visual dental hygiene exam, polish, fluoride and teeth Zoom whitening. I accept consentment from your insurance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

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

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Ready to move? Moving services also available with use of our truck. Plus, move-in and move-out cleaning. Licensed, insured and bonded. We work according to our clients' needs. We also do Air B&B hosting. Call 403-470-6548.

**For business classified ad rates contact
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at 403-720-0762 or sales@greatnewsmedia.ca**

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

WE TURN PRELOVED CLOTHING INTO TREASURE: All merchandise is mended, washed, and steamed to ensure each item is given another chance. Come discover unique finds for less at Juliette George and Company. We offer free local delivery on orders over \$50.00. Visit our website at <https://juliettegeorgeco.com/>.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

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

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

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

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

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