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FOR THE SOLUTION





MLCA SOURCE ROLES AND CONTACT LIST

Executives

President	Jason Quilley president@mardaloop.com
Vice President	Vacant vp@mardaloop.com
Past President	Tom Rosettis pastpresident@mardaloop.com
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Secretary	Rebecca Naidoo secretary@mardaloop.com

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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.





PRESIDENT'S MESSAGE

Hello neighbours,

As we head into the holiday season, I want to extend my warmest wishes to you and your families on behalf of the Marda Loop Communities Association. This is a time to reflect on what connects us—our shared streets, local shops, parks, and most importantly, the sense of belonging that makes Marda Loop such a special place to call home.

I'm honoured to introduce myself as the new President of the MLCA. Many of you may know me through local initiatives or through my work at Recovery Acres Calgary Society, helping Calgarians rebuild healthy, purposeful lives. That same spirit of service and connection guides my commitment to our neighbourhood.

My goal as President is to be useful and effective—supporting the amazing volunteers, board members, and residents who keep our community strong. In the coming months, we'll focus on better communication, more opportunities to participate, and continued advocacy for what matters most to you.

As we plan for 2025, I invite all neighbours to get involved—volunteer for an event, join a committee, or share your ideas. Together, we can ensure Marda Loop remains one of Calgary's most vibrant and welcoming communities.

With appreciation,

Jason Quilley

President, Marda Loop Communities Association



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Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.

That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

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MLCA PROGRAMS

Register for Winter 2026 Programs!

Start thinking about your New Year's resolutions! See below for some of our offerings, and please visit our website for more details. Winter programs run from January to March. www.mardaloop.com/programs/.

Playgroup Winter 2026

Join us in the New Year at 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 5 years old. MLCA membership is required to register in this program.

Time: 9:30 to 11:00 am

Ages: 0 to 5 years old

Cost: Visit website

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.

Seniors Yoga

Age doesn't matter; yoga is for everyone!

Enjoy yoga at the senior level with the comfortable instruction from our great teacher! 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.

Tuesday Evening

Date: Tuesdays from January to February

Time: 7:00 to 8:00 pm

Cost: Visit website

Wednesday Evening

Date: Wednesdays from January to February

Time: 7:00 to 8:00 pm

Cost: Visit website

Thursday Evening

Date: Thursdays from January to February

Time: 11:15 am to 12:15 pm

Cost: Visit website

Adult Yoga at MLCA

Continue practicing Yoga in 2026 with Bree. 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.

Date: Fridays from January to March

Time: 9:30 to 10:30 am

Cost: Visit website

Seniors Fit

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: Thursdays from January to March

Time: 1:30 to 2:45 pm

Cost: Visit website

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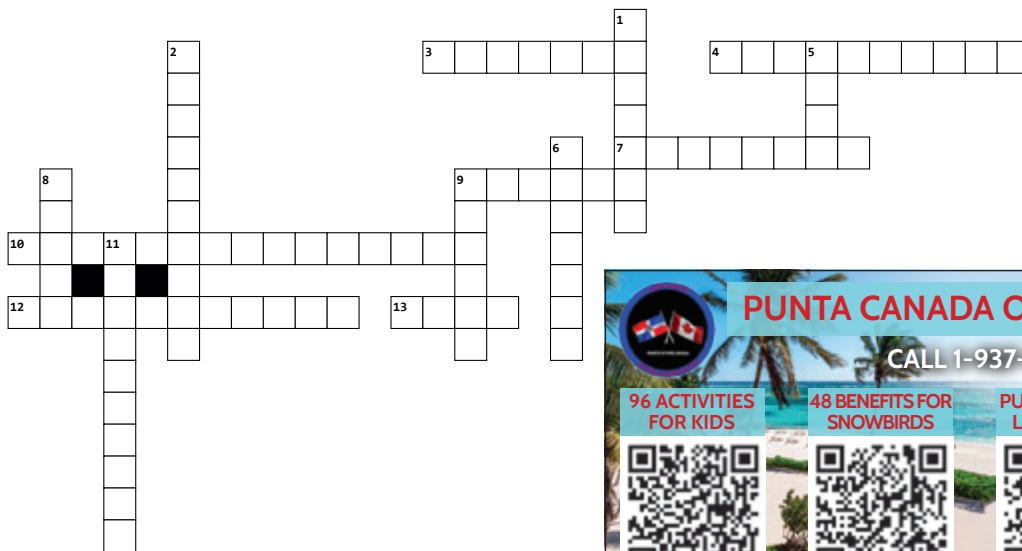
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9. Punta Cana is affectionately known as "Punta Canada" because many people from this country vacation there during the winter months.
3. The Dominican Republic is the world's largest exporter of _____ cocoa.
4. Every year, 10,000 humpback whales migrate for the winter, to this area - the only protected area for whales in the Caribbean.
7. There is a program that rates the quality of beaches worldwide. Punta Canada has 25 certifications. What is this certification called?
10. The Dominican Republic has produced 5 of the last 9 consecutive #1 Cigar of the Year (2016 - 2023) as identified by this magazine.
12. There is a resort complex in Punta Canada which offers 39 _____ for your dining pleasure.
13. All 15 golf courses in Punta Canada are _____ for the entire winter, so you can play golf outdoors – all winter long.



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1. This is the Caribbean's only wine resort and offers sustainable tropical wines.
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5. Punta Canada is easy to get to, family-friendly, safe, comparatively cheap and you do not need one of these to travel there.
6. Unlike diamonds, sapphires, or opals, which are mined in multiple locations across the globe, this gemstone is exclusive to just one small area in Dominican Republic.
8. With all-inclusive you get the hotel, all you can eat, all you can drink, daily activities, nightly entertainment, theatre shows, and discotheque - all for one upfront _____, with no surprises at check-out.
9. For snowbirds at an all-inclusive resort in Punta Canada, it is not only about what you get but sometimes, it is also about this - what you do not have to do.
11. There is a resort complex in Punta Canada which provides you with access to 96 fun _____ for families with kids and teenagers to do.

Increase In Traffic, Speeding, Near Miss Pedestrian Incidents

Several residents have reached out to the Marda Loop Communities Association mobility committee with concerns over increased traffic and speeding vehicles in our neighbourhood. The traffic volumes will continue to increase with all the new development and increased business traffic now that Marda Loop Main Street is finally complete.

If you have concerns about traffic volumes, speeding, pedestrian, or cycling safety in our community please take a few moments to note the issue and submit your requests and incidents to the City of Calgary 3-1-1 system. Submitting a request or incident with 3-1-1 is the first step to get the issue resolved. The City uses the data from this system to help decide which locations have most pressing concerns and how work gets prioritized. You can make more than one request, and it takes less than five minutes.

To Report Traffic Safety Issues or Requests: Go to the following address and click the link to the 3-1-1 "online form": www.calgary.ca/roads/safety.html.

You can put your address as the location (or wherever you are witnessing the issue) and choose "Traffic Calming Measures" as the nature of concern. You can provide any details regarding the request, but an example might be something like the following:

"Please look into lowering the speed limit or some type of traffic calming on 20 Street between 31 and 28 Avenue, up and over the blind hill cresting at 29 Avenue. This street has become a busy thoroughfare for vehicles from Crowchild Trail and the Marda Loop business area going to and from 26 Avenue and Bankview, often with large construction vehicles speeding through the neighbourhood."

To Request a New Crosswalk: You can do that at this link, then scroll down the page and click on "Request a new painted crosswalk location": www.calgary.ca/bike-walk-roll/request-crosswalk.html.

Again, you can put your address as the location (or wherever you are witnessing the issue). You can provide any details regarding the request, but an example might be something like the following:

"We need to have a crosswalk and low-profile speed humps on 20 Street and 30 Avenue. There are two school buses dropping kids at 29 Avenue but the crosswalk on the crest of the blind hill is unsafe. Speeding traffic cannot see pedestrians in time when they are driving up and over the blind hill."

Submitting Requests from The Main 3-1-1 Screen

If you go to Google or any Search engine and type in "Calgary 311" it will take you to a page like below. Click on the arrow beside 3-1-1 online request.

You will then need to page down to select the "Roads – Safety and Education" category for your request.

Similar if you have concerns about construction vehicles or bins, blocking your street, tripping hazards on sidewalks such as the new "tactile strips" becoming dislodged or similar issues, those should also all be reported to the Calgary 3-1-1 system.

There is also a Calgary 3-1-1 App that you can download to your phone to report items to the City that way.

You can also submit a service request by phone by calling 3-1-1 within Calgary or 403-268-2489 from outside the city.

Mobility Update

Through diligence of one individual presenting to council and working with the City, along with concerned neighbours reporting 3-1-1 requests, the City has installed new speed humps and "Slow Down" signs on Vimy Way SW.

There are several areas of concern that we will be meeting with our new Councillor to discuss including:

- 21 Street
- 20 Street, between 31 and 28 Avenues over the blind hill
- 19 Street, around 39 Avenue and requesting four-way stop at 42 Street
- 16 Street, around 40 Avenue
- 16 Street at 31 Avenue
- 28 Avenue at 17 Street
- 15 Street between 38 and 42 Avenue SW
- Passchendaele Rd before Flanders Park
- Mons Avenue
- Flanders Avenue around Masters Academy
- Somme Manor SW

We have also received several requests for slow down signs and need to order more. Residents are also welcome to order those directly from the City using the 3-1-1 system as well.

Please feel free to contact the MLCA Mobility Committee at mobility@mardaloop.com with any questions or if you would like to discuss further.

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More Games and a Lot of Fun for Seniors Group

There was a shift in gears at the last gathering of Seniors.

The focus was on the introduction, by popular demand, of the game of mahjong. Thanks to MLCA member Connie Langley and her helper, Delle Waddell, also an MLCA member, we were introduced to this tile-based game of strategy, skill, and memory. Starting November 7 from 1:30 to 3:30 pm, we will have mahjong sessions in the Lower Hall of the MLCA building.

Of course, there were other games available for those who preferred more physical movement or other brain teasers or even just a plain old game of Mexican rummy (see pictures).

To add more significance to the get-together, there was a pie auction which raised \$277 for the Calgary Food Bank.

Come join us if you are a member and if you're not, you can still sign up online on the MLCA website mardaloop.com/about/membership/.

Heather Bhatti

Director, Seniors in the Loop



Seniors Gather in Remembrance



Seniors met in the Community Hall on Monday, November 3 for their Annual Remembrance Day Service. The emcee was Heather Bhatti, who began by introducing the people in the opening parade: Pat Paterson led carrying the Canadian flag, followed by Trudy Fossey, the bugler, and then the speakers Chaplain Lloyd Northcott, Chester Kelloway, L/Bdr. Tom McNair, and Jason Quilley.

The bugler played the Last Post followed by two minutes of silence. Jason, the recently elected MLCA president spoke on behalf of the Marda Loop Board. The Chaplain shared words of peace and hope for the future. Chester, who served with Queen's Own Rifles, spoke about a song written by a fellow Newfoundlander, Roy Payne (I wouldn't take a million dollars for a single maple leaf) and recited "In Flanders Fields". The bugler then played the Reveille.

There was a short break when members Audrey Miller and Pat Paterson were able to talk to people about their family members who had served in the military. They brought picture boxes and mementos of those valiant men. In the second part of the meeting Tom McNair, the guest speaker from Historica Canada, spoke about his service in different places of the world as a Bombardier in the British Army - Royal Regiment of Artillery. He added interesting facts about the poppy and its connection with Remembrance Day.

Many thanks to those who contributed to a carload of food and money collected for the Veteran's Food Bank. Thanks also to fellow member Marie Lychak who volunteers with one of the Legions who helped us to get the donations to the appropriate destination.

Brenda Falle

Member, Seniors in the Loop





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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.



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