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Vice President	Vacant vp@mardaloop.com
Past President	Tom Rosettis pastpresident@mardaloop.com
Treasurer	Vacant treasurer@mardaloop.com
Secretary	Vacant secretary@mardaloop.com

### Directors

Events	Mindy Chattha events@mardaloop.com
Marketing	Christina Kim marketing@mardaloop.com
Membership	Vacant membership@mardaloop.com
Planning and Mobility	Rita Shewchuk mobility@mardaloop.com
Preschool	Kelsey Boudraa preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Vacant sponsorship@mardaloop.com
Sports and Recreation	Steven Truong sportsrec@mardaloop.com
Sustainability	Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Sean Holler atlarge1@mardaloop.com
Director at Large 2	Patrick Tillisch 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	Alyssa Preston hallrentals@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.



## "Talking Trash" and Spyhill Landfill Tour (A Joint Seniors/ Sustainability Event)



Thank you to Stephanie Aleksiuk and The City of Calgary for facilitating our first-ever Seniors and Sustainability Joint Event.

Part One consisted of a "game-style" education session entitled "Talking Trash," where we put our waste knowledge to the test and learned how to reduce waste and conserve resources. This helped us understand how to manage our waste effectively, including through recycling and composting. The City's waste diversion programs are critical for reducing waste and for protecting the environment. In fact, in only 60 days, the composting facility converts green cart food scraps and yard waste into nutrient-dense compost. This process diverts more than 85 million kilograms of organic waste from the landfill each year and generates compost for use in gardens, farms, and City parks. The composting facility also collects biogas from the anaerobic digestion of the organics and processes it into renewable natural gas, which is sold as a fuel.

Part Two consisted of a bus tour of the Spyhill Landfill site and a bonus tour of the city-owned gravel mine. Both operations are incredibly impressive!

The Spyhill Landfill has undergone significant advancements, including compacted clay and synthetic liners, leachate sumps, and landfill gas (LFG) extraction wells. These features contain the waste and leachate, thereby substantially reducing the landfill's environmental impact. The leachate is collected through drainage pipes at the bottom of each landfill cell and directed to sumps, which are periodically serviced by leachate tanker trucks that pump out the collected leachate and transport it to a wastewater treatment plant. LFG is collected from the landfill cells through a series of extraction wells and flows to a centralized collection header, where it is destroyed in an enclosed flare. The destruction of this methane gas significantly reduces the greenhouse gas (GHG) emissions released from the landfill.

As well, the Eco Centre at Spyhill offers large bins to divert specific waste streams, thereby reducing the volume of items disposed of in the landfill. This allows residents to recycle, reuse, and dispose of old and unwanted household items that are too large or inappropriate for the residential carts. Disposing of items such as tires, household hazardous waste, electronics, blue cart recyclables, packaging foam (white only), clothing, shoes, and textiles is free. However, there are fees to dispose of items such as scrap metal, furniture, yard waste, appliances, construction waste, bikes etc.

Calgary's priority, from both environmental and financial perspectives, is to extend the life of this landfill by diverting as much waste as possible and maximizing the use of the space we currently have.



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## Spring Programs - Still Time for the Last Month!

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

Our Summer Day Camps are also open for registration. Don't waste time, register now!

Spring programs run from April to June.

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

\*All programs are pro-rated!

Please see below for details on some of our offerings.

## Summer Camps Registration - Now Open!

### MLCA Superstars

Time to get active this summer!

Consider this the potpourri of camps.

Children will love playing a variety of sports (and other activities) throughout the day in our MLCA Superstars, multi-activity camp.

Sports include soccer, tennis, netball, beach volleyball, and pickleball. We've also included special activities such as yoga in the past. We're hoping to include some swimming at the newly renovated pool this season as well!

Your child will have the opportunity to play games, make crafts and sing some great songs! Children must be the required age prior to the first day of camp.

Who: Children ages 5 to 12 years

When: July 7 to 11, July 21 to 25, August 5 to 8, and August 11 to 15

Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

Cost: \$250 per registrant (includes a \$50 non-refundable admin fee); \$200 for the August 5 to 8 week.

### MLCA Little Chefs

One of the most popular camps is back!

Treat your Little Chef to the experience of a cooking camp this summer at the Marda Loop Communities Association. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. They will experience different cultures through food and get to discover themselves.

Children may also learn about growing healthy food and will have the opportunity to learn about gardening at the South Calgary Garden adjacent to the community hall. Participants will cook their own lunches, so no need to bring a lunch!

There will also be time for several other outdoor activities!

**Important:** Although nuts will not be used in cooking, the MLCA cannot guarantee a nut-free environment. Children must be the required age prior to the first day of camp.

Who: Children ages 8 to 13 years

When: July 14 to 18 and July 28 to August 1

Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

Cost: \$335 per registrant (includes a \$50 non-refundable admin fee)

### Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the spring session once again. 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.

#### Tuesday Yoga with Sophie

**Date: Tuesdays from April to June**

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

**Cost: Visit Website**

#### Wednesday Yoga with Sophie

**Date: Wednesdays from April to June**

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

**Cost: Visit Website**

#### Friday Yoga with Sophie

**Date: Fridays from April to June**

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

**Cost: Visit Website**

#### Seniors Yoga

**Date: Thursdays from April to June**

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

**Cost: Visit Website**

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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.

### **Barre Sculpt**

**Date: Thursdays from April to June**

**Time: 5:30 to 6:20 pm**

**Cost: Visit Website**

Raise the Barre with Jen this spring!

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.

### **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](mailto:gm@mardaloop.com)) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

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

The list of 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](mailto:gm@mardaloop.com) if you have any questions and to receive the registry.

## Latin American Music and Language Class for Seniors

The month of May and the arrival of spring usually arrive with the anticipation of many joyous events and celebrations. One of them is Cinco de Mayo, so the Seniors in the Loop decided to make their May gathering an occasion to celebrate Latin American culture.



Thanks to a partnership and enthusiasm from Carlos Diaz of Idiomo, an organization that has recently offered free Spanish lessons that some of our members have been fortunate to benefit from, we were able to have a morning of music, dance, and a Spanish class. Carlos organized a Zoom class with a teacher based in Columbia and she selected a few terms

and phrases of interest which the seniors learned the vocabulary and pronunciation (see pictures).

### **Next Seniors Gathering**

The next monthly get together will be the annual Stampede Breakfast for Seniors in the Loop and will take place on Monday, June 2 from 9:00 am to 12:30 noon in the Upper Hall of the Community Association. Senior MLCA Members will receive more details by email. For more information, or with suggestions/comments, email [seniors@mardaloop.com](mailto:seniors@mardaloop.com).

*Heather Bhatti*

Director, Seniors in the Loop



## PLANNING AND MOBILITY CORNER



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The City of Calgary is working on updating plans that will shape our city's future, ensuring Calgary remains a vibrant, liveable community for years to come. As part of this effort, the City wants to hear from residents like you.

Your input is essential to ensure these plans reflect the needs and aspirations of our community. Visit the City's website at [engage.calgary.ca](http://engage.calgary.ca) to learn more and share your thoughts.

Here in Marda Loop, we know how important thoughtful planning and development are to maintaining the character and vitality of our neighbourhood. That's why it's crucial for residents to get involved and make their voices heard.

To stay informed about significant developments in our area, visit the Planning and Development page on our website at [mardaloop.com](http://mardaloop.com). We update it regularly to keep you in the loop!

We also want to hear from you directly. If you have questions or input about local development, please reach out to us at [development@mardaloop.com](mailto:development@mardaloop.com).

Your voice matters—let's build Calgary's future together!

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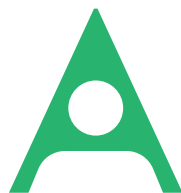




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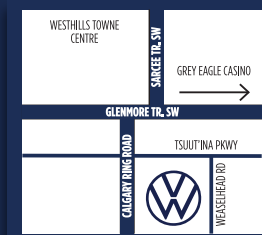


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