

MARCH 2025

DELIVERED MONTHLY TO 8,675 HOUSEHOLDS

# THE SOURCE

FOR YOUR MARDA LOOP COMMUNITIES ASSOCIATION  
BRINGING ALTADORE, GARRISON WOODS, SOUTH CALGARY & RIVERPARK RESIDENTS TOGETHER

WHAT'S  
HAPPENING  
AT THE MLCA?

SCAN THE  
QR CODE

SCAN ME



Sotheby's  
INTERNATIONAL REALTY  
Canada



Vivienne Huisman Senior Vice President, Sales



c 403.689.8722 e [vhuisman@sothebysrealty.ca](mailto:vhuisman@sothebysrealty.ca)  
[viviennehuisman.ca](http://viviennehuisman.ca)

Your Neighbourhood's Trusted Real Estate Advisor.

Sotheby's International Realty Canada is Independently Owned And Operated. This communication is not intended to cause or induce a breach of an existing agency relationship.

AN EVOLVING, VIBRANT, URBAN COMMUNITY THAT IS ENGAGED, CONNECTED, AND DESIRABLE

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)



# EAU CLAIRE ATHLETIC CLUB

## INVEST IN YOUR WHOLE SELF.

OPENING  
SOON

Discover Eau Claire Athletic Club, where wellness, fitness and community come together. Individual, Family & Corporate memberships available - **Spaces are limited!** Book a tour & join our email list to learn more.



[www.ecathleticclub.ca](http://www.ecathleticclub.ca) | [info@ecathleticclub.ca](mailto:info@ecathleticclub.ca) | 101 3 St SW



# MLCA PRESCHOOL

Prepare your preschooler for kindergarten with our enrichment preschool offerings, where they will learn, and explore and in a safe, and creative community environment where long term friendship can be built.

Learning skills that will help build the foundations for transition into kindergarten, while emphasizing fun, celebrate success and help children connect with others in the community in a safe environment.

#### Our programs:

- foster independence
- teach cooperation
- build self-confidence
- encourage creativity

Registration for  
2025/2026 opens  
February 3

For more information please visit [mardaloop.com/preschool](http://mardaloop.com/preschool) or contact [preschoolregistr@mardaloop.com](mailto:preschoolregistr@mardaloop.com)

# McLAWS LAW

ESTATE PROBATE  
WILLS  
POWERS OF ATTORNEY  
PERSONAL DIRECTIVES

Experienced, cost effective  
and practical advice, representation  
and counsel to meet  
your legal needs

*Insurance Disputes - Small Business  
Employment Issues - General Litigation*

**Peter B. McLaws  
Barrister & Solicitor**

**(403) 710-3712**

COME VISIT OUR NEW WEBSITE!

[www.mclawslaw.ca](http://www.mclawslaw.ca)

# OFFICIAL



**PLUMBING & HEATING**

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

**Service Call Fee**



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



**CALL 403-764-6510**  
**COMFORT, CARE AND CONVENIENCE**

Affordable dentistry for the entire family  
with your comfort and care as our priority.

**NEW  
COMPREHENSIVE  
PATIENT PACKAGE**



Book in for your comprehensive exam  
with X-rays and hygiene appointment  
and receive:

**In-office Zoom Whitening**

Value  
~~\$399~~ **FREE!**

Call us today for  
your new smile!



**ACCEPTING NEW PATIENTS, DIRECT BILLING,  
OPEN EVENINGS & SATURDAYS, NO INTEREST FINANCING**

**#315 - 3332 20 St SW**  
Located above Blush Lane in Marda Loop

[www.odeondental.ca](http://www.odeondental.ca)



# MLCA SOURCE ROLES AND CONTACT LIST

## Executives

President	Vacant president@mardaloop.com
Vice President	Vacant vp@mardaloop.com
Past President	Tom Rosettis pastpresident@mardaloop.com
Treasurer	Anna Biasutto-Mowbray 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	Vacant atlarge1@mardaloop.com
Director at Large 2	Vacant atlarge2@mardaloop.com

## Other Important People

The Source (Newsletter Editor)	Kevin Forbes gm@mardaloop.com
-----------------------------------	----------------------------------

## Staff

General Manager	Kevin Forbes gm@mardaloop.com
Accountant	Karen Murphy accounting@mardaloop.com
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](mailto: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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

**ALTADORE**



**GARRISON WOODS**



**SOUTH CALGARY**





## Seniors in the Loop Take Advantage of Free Spanish Classes

Over the past few months, a handful of our members responded to a generous offer from Idioma Canada to attend free online Spanish language classes at different levels. Here is some feedback from a couple of our Seniors who attended:

“Hola! Mi nombre es Guylaine y estoy aprendiendo español con Idioma Canada.

Last October, the Seniors’ group at MLCA (Marda Loop Community Association) was chosen by Idioma Canada to receive free online Spanish lessons. This company provides educational services for people who want to learn or improve their speaking skills in another language. Their schedule is very flexible (I was able to choose the day and the time during the week that I wanted my classes) and the teachers are very professional, trying to tailor the lessons to my goals.

I have been enjoying learning Spanish online with different teachers from Colombia. They were very enthused to teach about their language and their culture.

All teachers have been patient and encouraging while I was learning to speak this beautiful language. As a student, I have felt comfortable asking questions about new vocabulary and to ask how to correctly pronounce each word. My present teacher is helping me with my upcoming trip to Spain. It will be handy to know how to ask for directions, to book for excursions, to order food at restaurants, and to communicate with Spanish people. I feel very grateful for the support she is providing me and for her excellent lessons catered to my needs.

I would like to thank Carlos Diaz, the Academic Director of Idioma Canada for this great opportunity and Heather Bhatti, the Director of the MLCA.” - Guylaine Mctague

“My experience improving my Spanish through Idioma has been excellent. In December my teacher explained Colombian Christmas and New Year’s traditions which were so fascinating. Every lesson is an adventure. Gracias Idioma!” - Linda Beaman

Watch for more Spanish/Latin American fun at our Seniors’ get-together on May 5 to coincide with Cinco de Mayo!

*Heather Bhatti*

Director, Seniors in the Loop



## 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.

- |                         |                               |                            |                                     |
|-------------------------|-------------------------------|----------------------------|-------------------------------------|
| 8 Cakes                 | Counterpoint Dance Academy    | La Diperie Marda Loop      | Siena Flooring                      |
| Altadore Dental         | DYP Refillery                 | Master Chocolat            | Skintelligence Esthetics            |
| Atha Hot Yoga           | Eye Gallery                   | Marda Loop Barber Shop     | Southwest Auto Service              |
| Bankview Barker Shop    | EverFlex Calgary              | Marda Loop Brewing Company | Studio Jewellers                    |
| Cellular Cellar         | Fishman’s Wet Cleaners        | The Military Museum        | Swish Salon                         |
| Chica Beauti Bar        | Fresh Prep                    | Modern Rentals             | Taylor Made Pilates                 |
| Chinook School of Music | Fresh Kids                    | POKENROLL                  | Vive Artistic Nails & Spa           |
| Coco’s Esthetics        | Gelous Spa                    | Phil & Sebastian           | Wisp Boutique Salon and Aesthetics  |
| Code Ninjas Marda Loop  | Inhale Exhale Massage Therapy | S2 Fitness Studio          | Yoga & Meditation Centre of Calgary |
| Cookie Occasion         |                               |                            |                                     |

\*For details of all available Membership Benefits and for more information visit:  
<https://mardaloop.com/community/mlca-member-discount-program/>



## **Peanuts Soccer – Registration Now Open!**

Peanuts Soccer is one of our most popular programs as it is fun-based soccer for children aged 3 to 6. 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/](http://mardaloop.com/programs/).

## **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)

## **Winter Registration — Try Out a Few Classes this Month!**

You can still register for our last month of winter programs! They are all pro-rated and we have something for everyone. Whether it's dance, yoga, fitness, or drawing, we have a great program to start you fresh for the year.

Winter programs run from January to April.

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

Please see below for details on some of our offerings.

All programs are pro-rated.

### **Playgroup 2025**

**Time: 9:30 to 11:00 am**

**Ages: 0 to 5**

**Cost: Visit Website**

Now that the weather is cooler, why not join our Playgroup! Playgroup runs all year long from September to June. It is pro-rated, so no worries that it started in September.

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:**

##### **• Mondays**

Every Monday from September 16, 2024, to June 16, 2025  
Exceptions: No playgroup on Holiday Mondays.

\*Note: For the Holiday Mondays, you may join another day to make-up your session!

##### **• Tuesdays**

Every Tuesday from September 17, 2024, to June 17, 2025

##### **• Wednesdays**

Every Wednesday from September 18, 2024, to June 18, 2025.

##### **• Thursdays**

Every Thursday from September 19, 2024, to June 19, 2025.

#### **Prancing Peanuts Winter Session**

**Date: Thursdays from January to March**

**Time: 3:00 to 6:00 pm (depending on age group)**

**Ages: 3 to 7**

**Cost: Visit Website**

The Peanuts are back this winter! 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 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.

#### **Tuesday Yoga with Sophie**

**Date: Tuesdays from January to April**

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

**Cost: Visit Website**

#### **Wednesday Yoga with Sophie**

**Date: Wednesdays from January to April**

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

**Cost: Visit Website**

#### **Friday Yoga with Sophie**

**Date: Fridays from January to April**

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

**Cost: Visit Website**

#### **Seniors Yoga**

**Date: Thursdays from January to April**

**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.

#### **Gentle Yoga**

**Date: Mondays from January to April**

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

**Cost: Visit Website**

Ease into the New Year!

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 Fit**

**Date: Tuesdays and/or Thursdays from January to April**

**Time: 1:30 to 2:45 pm**

**Cost: Visit Website**

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

*continued on next page*



## MLCA PROGRAMS

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: 6:15 to 7:15 pm**

**Cost: Visit Website**

Jen is back this winter!

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) 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.



# RECRUITING BOARD DIRECTORS

Live in Marda Loop? Seek board experience? Get involved in your community!

**Available Board Positions**

- President
- Vice President
- Secretary
- Membership
- Sponsorship




EMAIL [VOLUNTEER@MARDALOOP.COM](mailto:VOLUNTEER@MARDALOOP.COM)



# NEW!

## Kickstart Your Edible Garden

SERIES with BEAU GARDENS

Learn everything you need to know to successfully start growing your own organic, nutrient-dense food in any urban space this spring!

**INDIVIDUAL COURSES**

- Beginners guide to edible gardening**  
MARCH 9, MARCH 16
- Perfect Planting Plans**  
MARCH 30
- Seed Starting 101**  
APRIL 6
- Seed Starting with Littles**  
APRIL 13



SPACE IS LIMITED  
**REGISTER TODAY**

[www.mardaloop.ca](http://www.mardaloop.ca)





## BEAU Gardens

New program alert! We have something exciting happening in March/April!

Kickstart your edible garden series with BEAU Gardens.

Dive into the exciting world of edible gardening this spring and learn everything you need to know to successfully grow your own organic, nutrient-dense food in any urban space - big or small!

In this hands-on learning series, BEAU Gardens coach, Mirna Fox, will walk you through a detailed process to confidently:

- Map-out and install your edible garden in your available outdoor space.
- Select the right growing system and choose quality soil, plants, seeds.
- Design a customized planting plan and determine what you will grow and when.
- Start growing edible plants from seed indoors for best results outdoors.
- Immerse your children in gardening to nurture their curiosity, zest for learning, and connection to nature.

Courses can be taken separately, however, to ensure that you have the complete knowledge to successfully start your edible garden this season, it is highly recommended that you complete the Beginners Guide to Edible Gardening course before taking Perfect Planting Plans.

Visit our website at [Mardaloop.com/programs](https://Mardaloop.com/programs) for more details on each offering, along with cost and dates. See you in the garden this spring!

### A Vision for Marda Loop's Future

The Marda Loop Main Streets project is about more than just roadwork — it's about creating a dynamic public space that reflects the community's identity.

Key upgrades include:

- Improved Pedestrian Experience: Wider sidewalks, curb extensions, and seating areas for rest and socialization.
- Enhanced Mobility Options: Safer connections for pedestrians, cyclists, and drivers.
- Community-Centred Design: Urban elements that encourage gatherings and support local businesses. 33 Avenue will become a pedestrian-friendly hub, while 34 Avenue transforms into a shared corridor accommodating all modes of travel. These changes are designed to celebrate Marda Loop's unique character and foster community engagement. As the construction season restarts soon, the vision for Marda Loop is coming to life. The area will soon be a safer, more vibrant space for residents and visitors alike. Thank you for your patience and support during this transformative journey.

Check out our website for development updates, information, and letters at <https://mardaloop.com/community/planning-and-development/>.

**Announcement:** We got a grant to paint a utility box on 14 Street and 30 Avenue SW! Check out our website for the "Call for Artists". The application is due on April 30, 2025.

*Rod Babic*

MLCA Mobility Committee



**Stemp & Company**  
We find solutions®

<ul style="list-style-type: none"> <li>• Copyright Law</li> <li>• Patents</li> <li>• Trademarks</li> <li>• Corporate Law</li> </ul> <p>kari@stemp.com</p>	<ul style="list-style-type: none"> <li>• Wills &amp; Estates</li> <li>• Probate</li> <li>• Real Estate/Conveyancing</li> <li>• Litigation</li> </ul> <p>tasha@stemp.com</p>
---	---

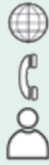
**403-777-1122** (Toll Free 1-800-665-4447)

[www.stemp.com](http://www.stemp.com) | [bill@stemp.com](mailto:bill@stemp.com)  
#1670, 734 - 7 Ave SW, Calgary, AB T2P 3P8

# MLCA MEMBERSHIP

## INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit [www.mardaloop.com/membership](http://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!
- Voting privileges at the MLCAAGM & Special Meetings
- AGM Info: [mardaloop.com/events/mlca-agm](http://mardaloop.com/events/mlca-agm)

**MLCA**  
Marda Loop Communities Association

# CALLING All ARTISTS

HAVE YOUR ART ON A UTILITY BOX FOR ALL TO SEE

Please submit your concept by  
**APRIL 30, 2025**

TO THE MARDA LOOP COMMUNITY ASSOCIATION BOARD  
RIGHT HERE IN MARDA LOOP!

DON'T MISS THIS OPPORTUNITY TO SHARE YOUR ART WITH THE COMMUNITY!

visit  
[www.mardaloop.com](http://www.mardaloop.com)  
for more info.

## BMAX BROKERS

### MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

#### Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ [info@bmaxbrokers.com](mailto:info@bmaxbrokers.com) | ☎ 403-249-2269

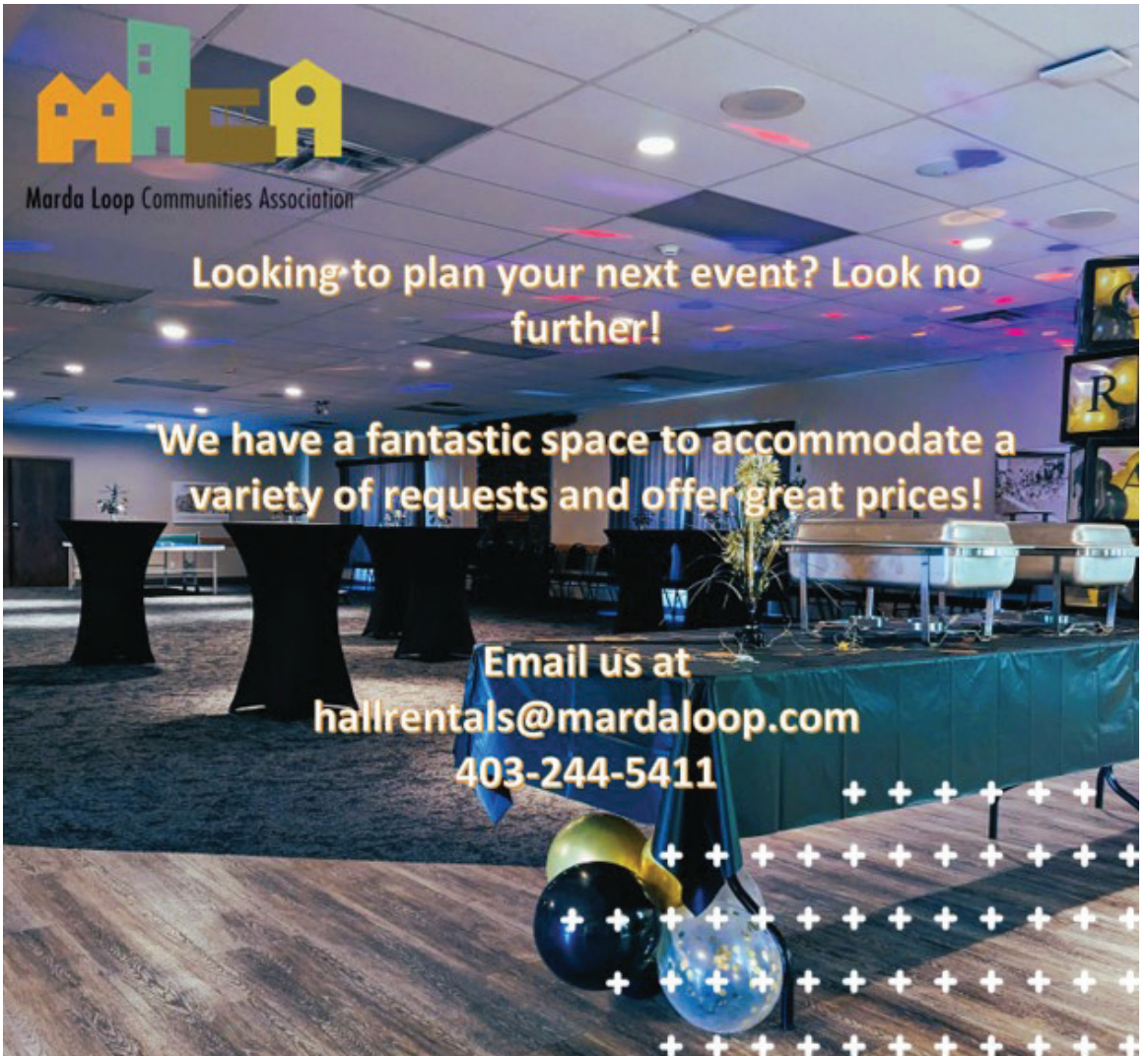


Marda Loop Communities Association

Looking to plan your next event? Look no further!

We have a fantastic space to accommodate a variety of requests and offer great prices!

Email us at  
[hallrentals@mardaloop.com](mailto:hallrentals@mardaloop.com)  
403-244-5411



THE  
**EDWARD**

An OPTIMA LIVING Community

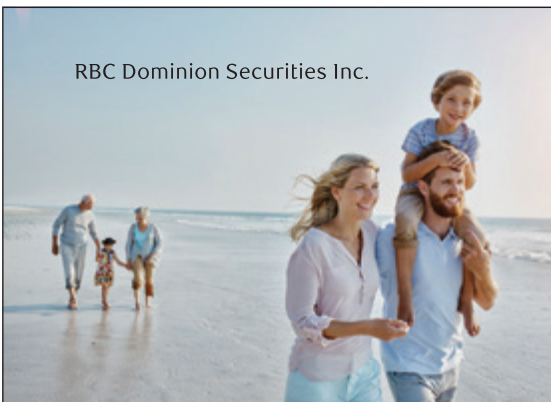
**Golden Era: A Home for Every Era**  
Come Celebrate The Eras With Us.

**OPEN HOUSE April 26, 1-4 PM**



3023 16 Street SW, Calgary | [edwardliving.com](http://edwardliving.com) | 403-265-3023 | Independent Living (55+)

RBC Dominion Securities Inc.



## Our commitment to our clients: Every client has a written, up-to-date financial plan

Our clients' needs are unique. Our commitment to them is unwavering. Contact us today to learn about our customized, strategic planning services.



**Catherine Arcand, CFP**  
Investment  
& Wealth Advisor  
403-441-1414  
catherine.arcand@rbc.com



**Wealth Management**  
Dominion Securities

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. © / TM Trademark(s) of Royal Bank of Canada. Used under licence. © 2024 RBC Dominion Securities Inc. All rights reserved. 24\_90717\_R96\_002\_01

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

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**MARDA LOOP MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**MARDA LOOP PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathon for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

**LOOKING TO BUILD YOUR DREAM HOME OR RENOVATE YOUR SPACE?** At Allen Creek Construction, we specialize in custom home builds and renovations tailored to your vision. We bring craftsmanship, quality, and attention to detail to every project. Contact Jeff today at 403-510-5032 or email info@allencreek.ca for a free consultation!

## Joke of the Month



**Which is faster,  
hot or cold?**

**Hot, because you  
can catch a cold.**

# BUSINESS CLASSIFIEDS

**HERITAGE WEST PLUMBING AND HEATING:** Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**RUSSELL'S LAWN SERVICE:** Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at [www.russellsawn.com](http://www.russellsawn.com) or call 403-686-LAWN (5296).

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

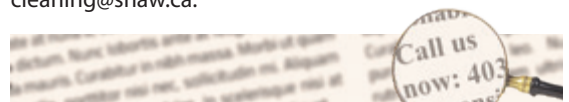
**PROFESSIONAL ACCOUNTANTS IN MARDA LOOP:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services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

**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](http://www.communitymediation.ca), 403-269-2707.

**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](mailto:mybookkeeper65@yahoo.ca).

**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](mailto: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](mailto:tlc.cleaning@shaw.ca).



## SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

# Community Crop Garden Society – Come Join Us This Spring!

If you do not have the space at home to grow vegetables, herbs and flowers, join a community garden.

Enjoy healthy eating and learn sustainable agricultural practices.

Not only do you get fresh produce, but you can also make new friends, catch up with neighbours, and get some fresh air and exercise.

## South Calgary Garden (next to the MLCA building) – 3130 16 Street SW

There are 45 garden plots, a large perennial garden, a native plant garden, and a shade garden.

All are welcome and anyone can request a garden bed. To join us for 2025, please email us at [membership@communitycrop.org](mailto:membership@communitycrop.org).




**BUYING OR SELLING A HOME?  
LET'S WORK TOGETHER!**

Unlock the door to your dream home today!  
Whether you're buying or selling, I'm here to guide you every step of the way. Contact me today to get started!



**KAREN ELLIOTT**  
REAL ESTATE AGENT


**CONTACT:**  
 ✉ [KARENELLIOTT@KW.COM](mailto:karenelliott@kw.com)  
 ☎ 5-887-439-2158  
 🌐 [WWW.KARENELLIOTT.KW.COM](http://WWW.KARENELLIOTT.KW.COM)

BRAIN GAMES

SUDOKU

					7			8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
				8		2		
	4	1			6		7	
				1	2	9	5	4
9			3					

SCAN THE QR CODE FOR THE SOLUTION



## Grow Your Private Corporation

**Nancy Bozek, CPA, CA**

Corporate Tax  
Financial Statements  
SR&ED Claims  
Personal Tax

403.287.0721



[nbozek@g9consulting.com](mailto:nbozek@g9consulting.com)  
[www.g9consulting.com](http://www.g9consulting.com)



# Retirement living, defined by *you*.

Experience Calgary's only retirement residence with fully customizable support for your evolving needs.

## JOIN US FOR A MEDITERRANEAN INSPIRED OPEN HOUSE!

**APRIL 5<sup>TH</sup> FROM 1 - 4 PM**

Experience our vibrant community while savouring Mediterranean flavours, connecting with our team, and exploring all that Riverwalk has to offer.

**RSVP TODAY BY CALLING (403) 271-7244**

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



**RIVERWALK**  
RETIREMENT RESIDENCE

rectangle

Getting our hands dirty since 2005.

Our team does the heavy lifting so you don't have to.

ideas . design . construction  
[www.rectangle.ca](http://www.rectangle.ca)



Bringing Good Music to Calgary since 2006  
SEE 12 AMAZING SHOWS OVER 9 MONTHS!

AT SOUTHWOOD UNITED CHURCH

**MORGAN TOMHEY & EMILY TRIGGS** Mar 7

**RUM RAGGED** Apr 5

**MARTYN JOSEPH** May 2

TICKETS & INFO [FISHCREEKCONCERTS.COM](http://FISHCREEKCONCERTS.COM)



# PLUMBER

**PLUMBOB** Father and Son



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**

# LUXURY REAL ESTATE

EXCLUSIVE CALGARY HOMES | SOLD WITH EXPERTISE

Master Negotiator | Proven Processes | Professionalism | Integrity | Trust | Pricing Strategy

**Renata's Team** is your  
key to **SOLD**

**The F45 Team** is your  
Key to **Functional Fitness**



We sell all home types and price points!  
We are specialists in luxury  
\$1,000,000 to \$4,000,000 homes



Get Your exclusive 7 Day Free Trial at  
F45 Marda Loop by mentioning code 'Renata'

**REQUEST A COMPLIMENTARY HOME EVALUATION OVER ZOOM**



**Renata M. Reid | 403.630.3991**

SENIOR VICE PRESIDENT, SALES  
Sotheby's International Realty Canada  
[renata@renatareid.com](mailto:renata@renatareid.com)



Sotheby's  
INTERNATIONAL REALTY  
Canada