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

PLANNING AND MOBILITY CORNER

Planning and Development
Our community is undergoing a lot of construction from all the new projects.

You can find the larger ones on our MLCA website mardaloop.com/community/planning-and-development and the full list on the City of Calgary Development map at developmentmap.calgary.ca.

Marda Loop Communities Association has a development committee, and we review the land use redesignations (LOCs) and larger development projects or DPs. Send us your comments and questions to development@mardaloop.com.

Multi-Use Pathway Update
The multi-use pathway is being extended to 14 Street SW on 34 Avenue SW. For more information about the project, please visit calgary.ca/34AvePathway for questions or concerns, please email the project team at PathwayConstruction@calgary.ca or contact 3-1-1.

Mobility
Do you have a concern about traffic, pedestrian crosswalks, bike paths, or anything to do with streets in Marda Loop communities? Send us an email to mobility@mardaloop.com. Use 3-1-1 via phone, app, or website to make any complaints or suggestions in your neighbourhood.

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Casino Volunteers Rock!

Deepest gratitude to the amazing volunteers who generously gave eight hours of their time to support our casino fundraiser on August 31 to September 1: Andrea Y., Anita G., Ann L., Bryan S., Carol D., Catherine F., Chris T., Clint, Don L., Don McL., Donna C., Doug E., Gloria R., Jeff G., Karen H., Keith H., Lucy S., Melville S., Nina N., Paula B., Rebecca E., Rita S., Suk Yee, and Vis N.

Your commitment and generosity mean so much. Because of you, we're able to continue to make a positive impact in our community. Thank you!

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MEMBER DI$COUNT PROGRAM

SCAN ME

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

Shoutout to Our Incredible Indulge Volunteers!

A huge thank you to everyone who helped make the Indulge fundraiser such a success!

To the planning committee for their incredible energy, dedication, and enthusiasm: Ariana S., Christina K., Frances D., Kate B., Kelly o'R., Kevin F., Mindy C., Sarah S., and Sean H., you created a fun, welcoming, and memorable experience for our community. And a special shoutout to Alyssa Y., Jonathan S., Karen M., and Sola G., for all their support pre- and post-Indulge!

To the volunteers who showed up with warm smiles and good vibes: Anjanna C., Ashley V., Becca E., Bernie C., Charles Z., Eliza S., Gemma V., Gifty A., Harpal C., Heather B., Jarred J., Jon C., Lucy S., Nana E., Renee O., Sue N., Tami C., and Vis N.

We are so grateful for your generosity of time and spirit. Your efforts help the MLCA continue to strengthen our community and support the programs that make our neighbourhood a better place for everyone.

From all of us at MLCA - thank you for making Indulge a truly special event!

Rebecca

Volunteer Director

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Fall Programs Now Open!
Fall back into routine with our beloved programs this November! See below for some of our offerings, and please visit our website for more details. Fall programs run from September to December.

www.mardaloop.com/programs/

Please see below for details on some our offerings:

Playgroup Fall 2025
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 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.

Prancing Peanuts Fall Session – TBD
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).

When: September to November

Cost: Visit website

Adult Yoga at MLCA
Although Sophie has moved, we are excited to continue to offer Yoga for the fall session with our new great instructors. 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
Date: Tuesdays from September to December

Time: 7:00 to 8:00 pm

Cost: Visit website

Wednesday Yoga
Date: Wednesdays from September to December

Time: 7:00 to 8:00 pm

Cost: Visit website

Friday Yoga
Date: Fridays from September to December

Time: 9:30 to 10:30 am

Cost: Visit website

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.

Date: Thursdays from September to December

Time: 11:15 am to 12:15 pm

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: Tuesdays and/or Thursdays from September to December

Time: 1:30 to 2:45 pm

Cost: Visit website

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 website for date, time, and cost.

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.

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Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- Pause Before Helping: If your child asks for help, wait a few minutes. Encourage them to try first.
- Make Things Just a Bit Harder: Give challenges that require effort—like board games, chores, or puzzles.
- Encourage Real-World Play: Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.

- Embrace Boredom: Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- Create Screen-Free Zones: Mealtimes, bedtime routines, and family outings can be tech-free moments.
- Model Healthy Habits: Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- Build Community: Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!

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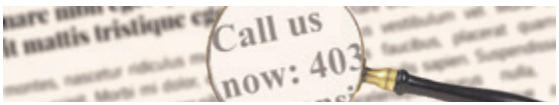

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