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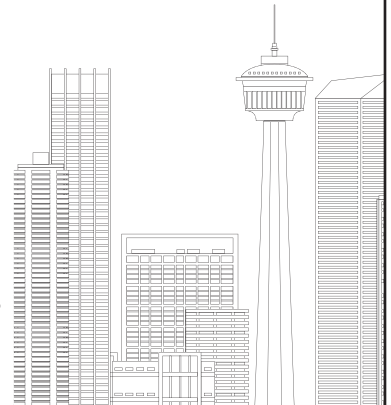


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# MLCA SOURCE ROLES AND CONTACT LIST

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Hall Services and Rentals	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).



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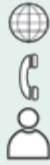
JULY  
**22**

3PM - 8PM  
SATURDAY  
LIVE MUSIC!

# 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
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### 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 MLCA AGM & Special Meetings
- AGM Info: [mardaloop.com/events/mlca-agm](http://mardaloop.com/events/mlca-agm)

## 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.

360 Brain Body	Eye Gallery	Original Joe's
8 Cakes	EverFlex Calgary	PHI Medical Aesthetics
Altadore Dental	Fishman's Wet Cleaners	Phil & Sebastian
Bankview Barber Shop	Fresh Kids	S2 Fitness Studio
The Brewers Apprentice	Gelous Spa	Siena Flooring
Cellular Cellar	Inhale Exhale Massage Therapy	Skintelligence Esthetics
Chica Beauti Bar	Yoga & Meditation Centre of Calgary	Southwest Auto Service
Chinook School of Music	Master Chocolat	Studio Jewellers
Code Ninjas Marda Loop	Marda Loop Barber Shop	Swish Salon
Cookie Occasion	Marda Loop Brewing Company	Taylor Made Pilates
Counterpoint Dance Academy	The Military Museum	Vive Artistic Nails & Spa
CurryQueens LTD	Modern Rentals	Wisp Boutique Salon and Aesthetics
DYP Refillery		

\*For Details of all available Membership Benefits and for more information visit:

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





# Heat Related Illness

*from Alberta Health Services*

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



## Stampede Comes Early Once Again to Seniors

There was much howdy-ing and yahoo-ing at the MLCA hall in early June with the seniors having their last fling before breaking for summer. Some past and present members of the MLCA Board served up a scrumptious pancake and sausage breakfast. Many thanks to all of them, especially to Catherine Fraser who got the whole ball rolling and took care of all the breakfast details. (In picture attached from L to R: Tony Norman-President, Andrea Joyce-Mobility, Tom Rosettis-VP, Aranka Rosettis-Events, Rebecca Naidoo-Volunteers).



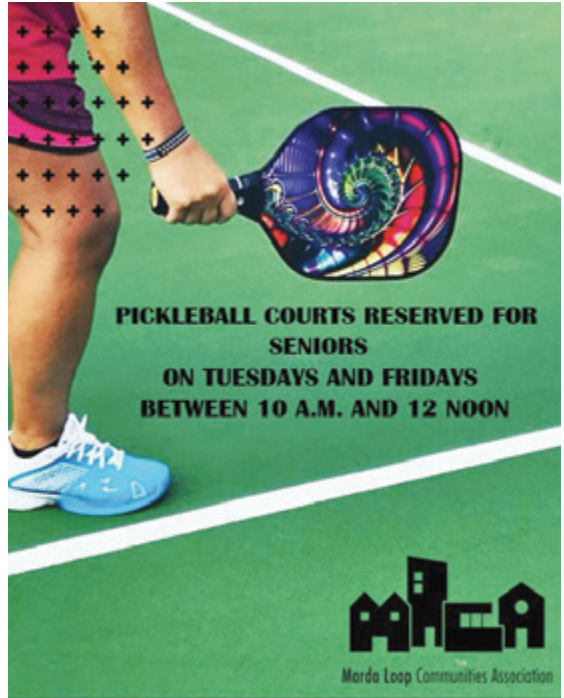
A big thank you to everyone who giddy-upped to make this an unforgettable day; to Freddy for organizing all of the Stampede related activities, to the amazing folks from the Calgary Stampede Promotion Committee for the entertainment and line dancing, and last but not least, thank you to all of you who came out over the past months and helped make our gatherings so enjoyable and worthwhile.



“Seniors in the Loop” will be meeting again in September and perhaps occasionally in the summer. Enjoy, keep cool, and check your emails. We’ll be in touch.

*Heather Bhatti*

Coordinator, Seniors in the Loop



## GAMES & PUZZLES

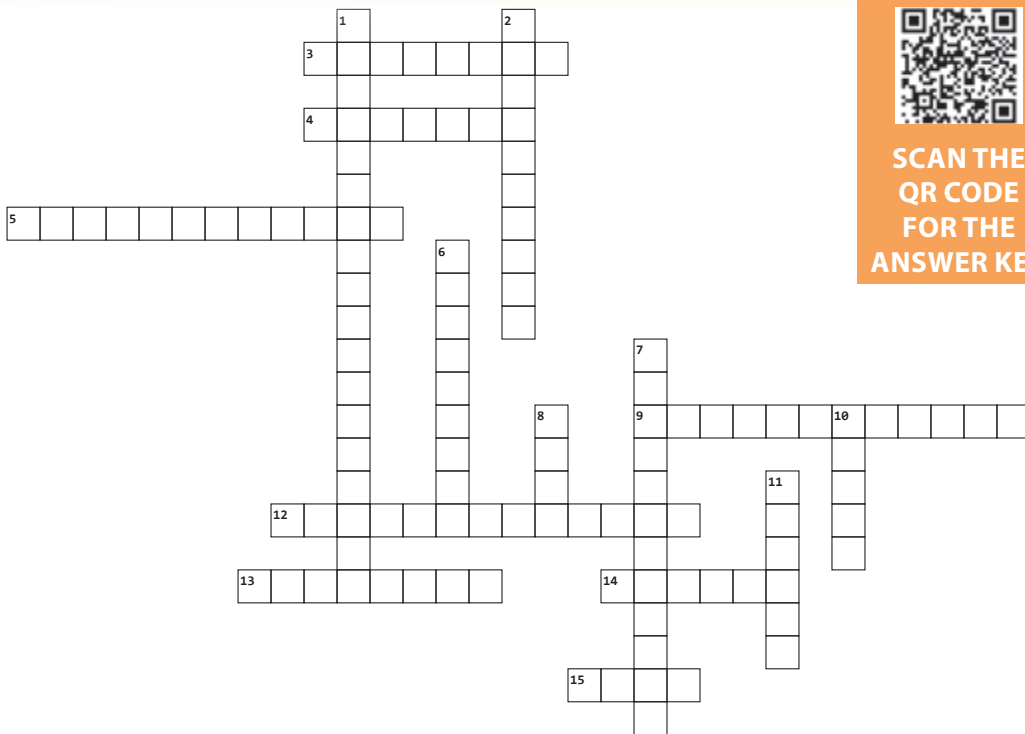
### Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!

# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



## **Enjoy Off-Leash Dog Parks Safely This Summer**

*from the City of Calgary*



Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. By following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.

### **Know the Rules**

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

### **Training and Socialization**

Before heading to the park, ensure that your dog is well-trained and socialized. Basic commands like “sit,” “stay,” and “come” can go a long way in managing their behaviour.

### **Supervision and Control**

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

### **Communication with Other Owners**

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

### **Bring Essential Supplies**

Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary’s off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at [calgary.ca/pets/licences](http://calgary.ca/pets/licences).





Marda Loop Communities Association

# FREE STAMPEDE BREAKFAST



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**BREAKFAST WILL BE SERVED FOR THE FIRST 1500 GUESTS**

**EVERYONE WELCOME!**

## Proper Disposal of Smoking Materials

*from the City of Calgary*

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

### To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

### Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

### Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

### Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

### Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



# Stampede Volunteers Needed!



If you are keen to help out with our Legendary Stampede Breakfast and want to have a rootin'-tootin' good time, contact Rebecca at [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com).



## PHOTO GALLERY

Photo by Reza Moradi Fard





## Summer Adult Yoga at MLCA

We are excited to announce we have summer yoga!

We welcome back our amazing and experienced yoga teacher Sophie for the summer 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 July 5 to August 30

(No Class July 19 and August 2)

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

**Cost:** \$85 + GST for seven sessions (Pro-Rated)

## Summer Day Camps – Registration Now Open

Registration is now open for summer day camps! We will have our usual:

### • MLCA Superstars

Consider this the potpourri of camps! Children will love playing a variety of sports 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.

### • Little Chefs

Treat your little chef to the experience of a cooking camp this summer at the Marda Loop Community 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 will 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!

## • Little Doctor School

Calling all future doctors! Students will explore the exciting field of medicine with a complete mini medical school experience aligned with STEM-based curriculum objectives through hands-on interactive instruction, role play, crafts, and games.

Children will have so much fun as they dress up like doctors, use real medical instruments, discover how the body works, learn about our human vital organs and function, practice suturing stitches, learn about necessary life skills such as CPR and Heimlich Maneuver, understand how medications work, be a health advocate, and more. By participating in these role-playing experiences, Little Medical School® is inspiring tomorrow's doctors today!

All supplies are included in the fee!

Camps run from July through to August weekly.

Please visit the website for more details and to register: <https://mardaloop.com/programs/>.

## 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 11 to 17 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 babysitters' 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.





## Are You Struggling with Gambling?

from Alberta Health Services



Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

### Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.

## Use Water Wisely Outdoors This Summer

from the City of Calgary



The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Did you know that Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply?

During the summer, Calgary communities can see an average increase of 20 to 30 percent because of outdoor watering activities. Below are some actions that can help you to create a water efficient home and yard and prepare for hot and dry conditions.

### Following These Guidelines Will Help You Prepare for the Weather and Build Resiliency to Drought in Our City:

- Water in the early morning – before 7:00 am or later in the evening.
- Watch the weather forecast and skip watering after it rains or when rain is in the forecast.
- Only give plants the water they need, and don't overwater. Read plant tags to know how much to water your garden.
- Water plants with a soaker hose, drip irrigation, or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Visit [calgary.ca/waterguide](http://calgary.ca/waterguide) for information on how to create a water efficient yard, including watering 101 for plants, shrubs, and trees, lawn care, and irrigation systems.

# Staying Healthy As We Age

*from Alberta Health Services*

Seniors Week in Alberta takes place the first week of June.

While we celebrate all that older adults have done for our society, let's talk about how to stay strong and healthy as we age.

Adults can start to lose muscle as early as age 30, but the loss increases quickly after age 70. Protein is a nutrient that helps you to build muscle and keep the muscles you already have. But many seniors do not get enough protein. Since your body can't store it, you need to eat protein at least three times a day, every day, to keep the muscle you have.

Often, adults tend to eat less protein at breakfast. Here are a few ways to increase your protein at breakfast:

- Have a glass of milk or fortified soy beverage with your meal.
- Add cheese or beans to toast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Make an omelette.

You can also try these tips:

- Add meat including wild game or poultry to pasta or vegetable dishes.
- Try a plant-based protein; for example, try chickpea falafel or tofu added to a stir-fry.
- Add canned beans or lentils to soups.
- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

Protein alone does not build muscle. Movement helps older adults stay strong, mentally fit, and independent.

### **Here are some suggestions from the 24-Hour Canadian Movement Guidelines ([csepguidelines.ca](http://csepguidelines.ca)):**

Try to get 2.5 hours (150 minutes) of moderate (example, brisk walking) to vigorous (example, cross country skiing) aerobic activity each week. You don't have to do it all at once. You can break up the time into smaller sessions of 10 minutes or more.



Engage in muscle and bone-strengthening activities at least twice a week. These activities include climbing stairs, gardening, and housework such as vacuuming or washing the floor.

Include activities that challenge your balance, such as Tai Chi or Yoga.

Limit time sitting to eight hours or less. That includes less than three hours a day of screen time (in front of a TV, computer, tablet, or phone.)

Get seven to eight hours of good-quality sleep each night.

If you would like more tips on staying strong and healthy as you age, search 'Staying Strong' at [ahs.ca/NutritionWorkshops](http://ahs.ca/NutritionWorkshops).



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# PREY

July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it's a prequel to the *Predator* franchise. During production, the film was called "Skull" to keep it a secret. The lead, Amber Midthunder, didn't even know she was auditioning for a *Predator* movie!





# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.



## Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



Blue and Jere, Mount Pleasant



Max, Temple



Tali, Temple

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Safely Dispose of Pressurized Tanks and Canisters

from the City of Calgary



Going camping, hiking, or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters, and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black, or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit [calgary.ca/hhw](http://calgary.ca/hhw) to check the list of drop-off locations.



### Lunenburg

Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!

# Know the Signs of Testicular Cancer

from Alberta Health Services



Testicular cancer is the most common cancer among young men.

Testicular cancer occurs when cells that aren't normal grow out of control in the testicles (testes). It is highly curable, especially when it is found early.

The most common symptoms of testicular cancer include:

- A lump or swelling in the scrotum that may or may not be painful.
- A heavy feeling in the scrotum.
- A dull pain or feeling of pressure in the lower belly or groin.

Experts don't know what causes testicular cancer. But some problems, such as having an undescended testicle or Klinefelter syndrome, may increase a man's risk for this cancer. Most men who get testicular cancer don't have any risk factors.

### **How is testicular cancer diagnosed?**

Most men find testicular cancer themselves by chance or during a self-examination. Or a doctor may find it during a routine physical examination.

Because other problems can cause symptoms like those of testicular cancer, your doctor may order tests to find out if you have another problem. These tests may include blood tests and imaging tests of the testicles such as an ultrasound or a CT scan.

If these tests show signs of cancer, you will have surgery to remove the testicle. Surgery is the only way to know for sure if you have testicular cancer and what kind of cancer it is. This information also helps in planning any other treatment you may need.

### **How is it treated?**

For some people, surgery to remove the testicle may be all the treatment they need. The type and stage of your cancer will help your doctor know if you need more treatment.

Treatment after surgery may include surveillance, chemotherapy, or radiation therapy. Chemotherapy is often used for cancer that has spread to other parts of the body. In some cases, surgery is used to remove that kind of cancer.

### **How will having testicular cancer affect you?**

In most cases, removing a testicle doesn't cause long-term sexual problems or make you unable to father children. But if you had these problems before treatment, surgery may make them worse. And other treatments for cancer may cause you to become infertile. You may want to think about saving sperm in a sperm bank. Talk to your doctor if you have any questions or concerns about sexual problems or whether you can father children.

# Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

## How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

## How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.



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## MLCA PRESCHOOL UPDATE

### 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.



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

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## **Green Line Early Works Construction to Pause For Stampede**

*from the City of Calgary*



Green Line's current Beltline and downtown early works projects will be paused prior to July 7, 2023, in time for the opening day of the Calgary Stampede.

To make way for the future Green Line stations and tunnel, construction is underway, moving the utilities in downtown and Beltline. The project will relocate underground, street-level, and overhead utilities, including City sanitary, water, stormwater, and more.

Green Line early works projects will be paused before the Calgary Stampede, to accommodate for the high event traffic. That means equipment and blockades will be moved, and traffic lanes will be restored to make it easier to get around during the Greatest Show on Earth.

This summer, Green Line will also begin construction in the community of Ogden with work present on 78 Ave SE, 69 Ave SE, and near 72 Ave SE. This work will continue through the Calgary Stampede as construction is not expected to impact downtown accessibility.

To learn more about Green Line construction, including work details, and impacts, visit [calgary.ca/GreenLineConstruction](http://calgary.ca/GreenLineConstruction).



Friends,

Some of the most important work on Parliament Hill doesn't occur in the House of Commons, but in Committee rooms. Committees examine selected matters in greater depth than is possible in the House of Commons. These Committees undertake studies on departmental spending, legislation and issues related to their mandate, and deliver their reports and recommendations to Parliament.

As a member of the Environment Committee, I provide input on how Canada's resource sector is doing its part in contributing to a clean environment. Indeed, our resource industry has led the country in reducing emissions, and is the country's largest contributor, by far, in investing in clean technologies.

I believe we need to work toward solutions that both protect our environment and our way of life. Both can be achieved if reasonable policies are put forward, and all factors considered. In my experience, there is never a 'silver bullet' solution that is going to solve one environmental problem without potential negative environmental or societal effects. We need to understand the impacts of increased costs associated with more environmentally-friendly fuels, and understand how that affects escalating costs to society going forward, as well as the over-arching concern of having a reliable energy system – on which all of society depends.

The Environment committee will undertake a study this fall, considering Canada's bodies of freshwater. Some of the topics that will be coming out of this study will be management of freshwater pollution, climate change impacts on freshwater, groundwater, and effective monitoring of our waterways.

My office is open all summer serving constituents, so please do not hesitate to contact me at [Greg.McLean@parl.gc.ca](mailto:Greg.McLean@parl.gc.ca) or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, [GregMcLeanMP.ca](http://GregMcLeanMP.ca).

Sincerely,

*Greg McLean*

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## Joke of the Month

What happened when the  
strawberry tried to cross the road?

A traffic jam!

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**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.



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## Altadore

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	1	\$1,050,000	1
2 Storey	5	\$1,983,800	53
3 Storey	0	--	--

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	8	\$669,675	27
2-3 Storey	7	\$1,003,571	23

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	1	\$240,000	14
2 Bdr	1	\$285,000	22

## Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	0	--	--
2 Storey	3	\$805,333	11
3 Storey	0	--	--

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
----------	---------	--------------	---------

Row	3	\$633,167	30
2-3 Storey	0	--	--

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	0	--	--
2 Bdr	3	\$443,333	34

## South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	3	\$644,667	44
2 Storey	3	\$940,000	15
3 Storey	1	\$2,350,000	34

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	4	\$541,625	45
2-3 Storey	2	\$934,500	17

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	3	\$203,667	47
2 Bdr	10	\$465,410	29



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