



The SCOOP
In the Loop



September 2010

Brought to you by the Marda Loop Business Revitalization Zone



Can we take a *bite* out of our power consumption?

The Marda Loop BRZ is encouraging our members as well as Marda Loop residents to reduce phantom power through a post-Festival promotion. Extending our going green initiatives at the 2010 Marda Gras Street Festival, we are selling Woods Power Bars to reduce energy costs and save money. Post this promotion, The City of Calgary has offered to provide us with an analysis of how much energy our community has saved. Stay tuned!

What is phantom power and how does this power bar help you save energy and money?
(See Page 4 for the facts).

Woods Power Bars \$20 (regular \$22.99) available at Marda Loop Opticians and the Marda Loop BRZ office. For more information please contact us at 403-685-5667.

What's *New* in the loop

Coming Soon - Highlander Wine and Spirits
2120 33rd Ave SW

Home Care Assistance Calgary
2026 33rd Ave SW

Rasoi Kitchen is launching a fund raising campaign this month in conjunction with Uend.org called "Eat Good. Do Good. Feel Good." Proceeds from specific items on the Rasoi menu will benefit a charity in India.

Marda Loop BRZ Meeting

The Marda Loop BRZ board meets regularly to discuss strategies on how to improve Marda Loop. If you are a business owner within the BRZ boundaries (between Crowchild Tr. and 17th Street along 33rd and 34th Avenues SW), you may contact our office with concerns that you would like us to discuss on your behalf.
info@mardaloopbrz.ca
or (403) 685-5667

Private Clinic Offers Comprehensive Care



Dr. Sarit Sengar,
Dr. Mariette Van Wyk,
Dr. Donovan Kreutzer

Provital Health & Wellness, celebrating their first year here in Marda Loop, is receiving a lot of interest these days. Providing executive quality collaborative healthcare with a warm, family focus, Provital is doing things a little differently.

Patients enjoy prompt and open access to an entire team of physicians, nurses, a naturopathic doctor, kinesiologist, dietitian, psychologist, massage therapists and more – all focused on truly preventative and proactive healthcare.

"So many health concerns are interrelated that it just makes sense to be able to provide an integrated, collaborative form of care," says Dr. Donovan Kreutzer.

Also providing 24/7 physician access, on-time/no rush appointments, practitioner email and telephone access, on-site blood work, comprehensive head-to-toe physicals, customized health plans and much more, Provital ensures its patients receive truly world-class care.

Annual fees range from \$3500 for an adult to \$500 for a child – with additional discounts for families, corporate plans and more.

"The biggest misconception about our services is that all fees represent out-of-pocket expenses," Dr. Sarit Sengar says. "The reality is that even with a traditional benefit plan, our clients can typically claim back a significant part of their annual fees, as long as they access the services covered by their plan."

Provital is very excited to be offering another option for Calgarians who simply want to be more proactive with their family's health. Provital is located on the 2nd floor of the Marda Loop Shoppes at the corner of 33rd Avenue and 20th Street SW with free parking underground.

Expert Advice

The Battle Within...

By: Dr. Ken Tan of Nature Zone Vitamins & Therapy

Probiotics is the umbrella term used to encompass the good bacteria that inhibits our entire Gastrointestinal tract. They include the well-known Acidophillus species that inhabit the oral cavity, the oesophagus and the small intestines, while the Bifidus spp colonizes the large intestines.

What is unknown to us is the constant battle that goes on between the good and the bad bacteria in our gut. In order for our gut to feel "healthy" we need to have a lot more good bacteria than bad. When that ratio is reversed and we have more bad bacteria than good, then a plethora of gastrointestinal conditions occurs.

These conditions include IBS (irritable bowel syndrome), gastritis, ulcers, spastic colitis, Crohn's Disease, Celiac Disease, etc.

Common symptoms include poor digestion, a burning sensation in the abdomen, gas, bloating, cramps, sharp abdominal pain and loose stools.

Hence, we recommend that you stay healthy by keeping your healthy bacterial count up by taking a high potency LOW LACTOSE probiotic supplement, such as Protec or Kyodophilus, daily.

Your gut will thank you dearly.

However, if you do suffer from any of the mentioned gastrointestinal problems, then you will need more than just a probiotic formula to get your gut back to normal.

Scoop in the Loop features monthly Expert Advice articles by professionals and professional service providers in the Marda Loop community. These articles are intended to educate our readers on a variety of medical and health issues and tangible solutions, and are not advertorials or published with an advertising slant. If you would like to provide an Expert Advice column for one of our up and coming newsletters, please contact the Marda Loop BRZ at 403-685-5667 or via email at info@mardaloopbrz.ca.

Looking for a DOCTOR in Calgary who'll give YOU the time YOU need?

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204, 2031—33rd Ave SW
Right Here in Marda Loop!

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Cindy Walker
President, Fitness/Lifestyle Consultant & Wholistic De-Stress Practitioner

Located downstairs in the clinic at Vitamins First
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GREETINGS FROM THE CHILDREN'S WISH FOUNDATION: FINAL MARDA GRAS 2010 RECAP

By: Kyla Martin, Regional Development Specialist

The Children's Wish Foundation would like to thank all of the families that visited the Kids' Quarter at the 2010 Marda Gras Street Festival. Although the weather looked as though it would not be on our side, the rain clouds gradually moved away revealing a beautiful sunny day.

The families were able to enjoy face painting, bouncy castles, carnival games, balloon animals, and mask making.

The Children's Wish Foundation raised \$1,444.50 in the Kids' Quarter through the generous donations of our visitors. We ordered several hundred wish wands that we handed out for a small donation, and we are pleased to note that we sold out of these wands by 2:00 p.m!

We would like to thank the Marda Loop Business Revitalization Zone, AstroJump, Stephen Diachuk, Facepainting by Jenny, Original Joes, VHQ, Marda Loop Liquor Store, Marda Loop Tailoring, Bank of Nova Scotia, RBC, ATB and all of our incredible volunteers. The support of these organizations, businesses and individuals helped make the Kids' Quarter n the 2010 Festival a great success.



**Walk n' Wag**
In support of ARF's "Pad for Paws" Campaign

Sunday, September 26th, 2010 11am – 3pm
River Park, Calgary (14a Street & 50th Avenue SW)

Register Online
<http://padforpaws.arf.ab.ca>



restaurant
lounge

Happy Hour
7 days a week
2pm to 6pm

All pints \$5 and all glasses of wine \$5.
PLUS, seven new appetizers at \$7 Happy
Hour prices from 2pm to 6pm.

2018 33rd Avenue Southwest (in Marda Loop)

Can we take a *bite* out of our power consumption?

REDUCE PHANTOM POWER

How does a power bar help save energy and money? Phantom Power or 'vampire power' is the electricity being wasted away when something is plugged into a power supply and not turned on. The vast majority of consumers are not aware that 'vampire appliances' continue to draw electricity when turned off. Here are some examples of the annual money and energy consumed through phantom power:

Plasma TV monitor - up to \$116.19 (1,452.4kWh)
Video game console - up to \$18.71 (233.9 kWh)
Average home computer - up to \$24.88 (311.0 kWh)
Laptop - up to \$11.56 (144.5 kWh)
VCR (standby - i.e. programmed to record) - up to \$7.36 (92kWh)
DVD player - up to \$6.30 (92kWh)

To reduce phantom power in your home: Use a programmable power bar to time when you want your electronics on or off. Or, plug your electronics into a standard power bar and switch them all off at once when not in use. Choose Energy Star-qualified electronics and appliances - these generally use less power. When in doubt, simply unplug it from the outlet.

This initiative is supported by The City of Calgary and sponsored by ConocoPhillips. For more information and to calculate your ecoFootprint visit: calgary.ca/footprint. To participate in the "Can we take a bite out of our power consumption?" and purchase a Woods Power Bar, please See Page 1.



2010 Marda Gras Street Festival was a smashing success!
Thanks to our Sponsors, our Volunteer Planning Committee and over 100 day-of-the-event volunteers!
We couldn't have done it without you!

Copyright www.JulieVincentPhotography.com 2008



Coming soon! Online photo gallery of this year's Festival!

Photos of 2010 Marda Gras Street Festival, compliments of Julie Vincent,
www.julievincentphotography.com

ADVERTISE WITH US...

Our monthly Scoop in the Loop Newsletter is distributed to over 100 businesses and services within the Marda Loop BRZ as well as 400 local residents and a PDF is posted online at www.mardaloopbrz.ca in our newsletter archives.

Advertising Costs:

Small Ad (5.5cm x 5cm) = \$75

Business Card Size Ad (5.08cm x 8.89cm) = \$100

Large Ad (10cm x 5.5cm) = \$150



Please contact our office for details. We can be reached at (403) 685-5667 or info@mardaloopbrz.ca.