

APRIL 2023

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MICA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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Community Engagement	Ali MacQuarrie engagement@mcapeople.com

Directors

Director	Elizabeth Laishley
Director	Carl Bateson
Director, Planning Co-Chair	Neal Greywall
Director, Events	Michael "Spike" Richards events@mcapeople.com
Director, Seniors' Social	Kim Olsen

Elected Representatives

City Councillor	Terry Wong	403-268-2430
MLA Calgary Bow	Demetrios Nicolaidis	403-216-5400
MP	Len Webber	403-220-0888

Contacts

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School Board Trustees

Public	Patricia Bolger	403-817-7918
Separate	Pamela Rath	403-500-2761

Stay Connected With Montgomery

- ✉ **General Email Inquiries:** manager@mcapeople.com
- Community Engagement Coordinator**
Ali MacQuarrie and Abi Harker: engagement@mcapeople.com
- Newsletter Submissions**
David Hoskyn: editor@mcapeople.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

🌐 www.mcapeople.com

📍 MontgomeryCA

📱 @mcapeople

MCA Main Hall, Boardroom, and Kitchen

The main hall is available for events with up to 301 people (238 if there is liquor service). Active members of the Community Association will receive 10% off full rentals. The hall measures 40 feet by 80 feet and has direct level access from the parking lot.

The board room is available for meetings and small gatherings of up to 25 people. The board room measures approximately 22 feet by 12 feet. A projector and screen are available for use.

MCA's AHS-approved kitchen is included with main hall rentals and is available to rent independently. Email manager@mcapeople.com for more details!

Rental Rates

Please contact the office at 403-247-3116 or email manager@mcapeople.com for hourly and daily rental rates.

Community Newsletter

The Montgomery Messenger is a publication of the Montgomery Community Association and Great News Media.

Published year round for mail delivery in the middle of every month. Content from the public is welcome and invited. To inquire about submitting content please email editor@mcapeople.com or phone 403-247-3116. All advertising inquiries should be directed to Great News Media.

Editorial deadline for content submissions is the first of month, for the following month's issue. All submissions should be as Word documents, and sent to editor@mcapeople.com. High quality photos are also welcome.

Virtual Registrations

The following are available online at www.mcapeople.com:

MCA Family and Business Memberships

MCA Community Garden Registration

Visit www.mcapeople.com for more information!

SENIORS' SOCIAL

The next Montgomery Seniors' Social will be held on Thursday, April 20 from 11:30 am to 3:00 pm. Join us for our traditional potluck lunch, tea, coffee, games, and fellowship!

Free MCA Memberships

The Montgomery Community Association will no longer be charging for community memberships. Memberships for MCA are now free of charge. A membership is required to attend some MCA-sanctioned events. You may obtain a membership online at www.mcapeople.com or in person at the Montgomery office.

Let's Talk About Music

by Spike Richards, MCA Vice President

First of all, thank you to those who attended our recent MCA AGM; your involvement in the Montgomery Community Association is very appreciated. For 2023, MCA will not be charging for our memberships. We hope that helps get you and your family out to our community-driven events this year.

We are hosting a Pub Night at the MCA hall on Friday, April 28! We will start early at 6:00 pm, with a rousing round of Tune Trivia or two, and then head into a well-hosted night of singing our little hearts out. And little hearts are welcome, too. Our license allows us to have under 18 guests (with guardians), so we hope to see a number of parents/smurfs and teachers/students singing together up on our raised stage!

Sunday, July 23, we are really pleased to be working with One World Drumming to create a mid-summer Drum Circle. Do you have a djembe drum? We want you to be a part of this day! No drum, but want to learn? We want you out, too! We will also be bringing in some really fun live music for this all-ages afternoon event.

Our MCA Community Cleanup is on Sunday, September 17 this year. Much more on this annual event later, but a head's up: we will be hosting an MCA Volunteer Brunch the day before, which just happens to fall on Mexico's Independence Day! Should be mucho fun!

Have a terrific April; I hope you try to get out there and support live music events in Calgary!

Join the MCA Board of Directors!

Montgomery community is looking for engaged, motivated members of our community to join the board in the following positions:

- Fundraising Coordinator
- Volunteer Coordinator
- Events Coordinator
- Communications Director

Board meetings are held on the third Tuesday of every month from September to June. Directors participate in community events like our Christmas Market, Community Cleanup, upcoming Seniors' Social, and coming soon, monthly family-friendly pub nights!

Email Jason Sokolosky at president@mcapeople.com for more information.



The poster features a bright orange background with a green border. At the top center is the MCA logo: 'MCA' in large, colorful letters above 'MONTGOMERY COMMUNITY ASSOCIATION' in smaller black text. Below the logo, the word 'PICKLEBALL' is written in large, white, italicized letters, with 'AT MCA' in smaller white letters underneath. A green horizontal bar contains the text '• 9:30 AM - 12:30 PM •'. Below this are three green boxes, each containing a day of the week in white capital letters: 'MONDAY', 'WEDNESDAY', and 'FRIDAY', each flanked by a small white dot. A larger green box contains the pricing information: '\$7.00 DROP-IN OR MONTHLY PUNCHCARD \$60*'. At the bottom, white text reads 'PURCHASE MEMBERSHIP AND MORE INFORMATION WWW.MCAPEOPLE.COM'. In the very bottom, small white text provides contact information: 'MUST BE AN MCA MEMBER TO PLAY 403-247-3116' and '*UP TO 12 SESSIONS A MONTH manager@mcapeople.com'. The poster is decorated with stylized pickleball graphics on the sides.

Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

A blue background advertisement for CFM West Calgary Farmers Market. At the top, the text "GRATE FOOD, SOURCED LOCALLY" is written in white, bold, sans-serif font. Below the text is a stylized illustration of three golden-brown potato wedges. Underneath the wedges, there are white outlines of a sun, trees, and a road. At the bottom left, the text "CFM West" is written in white, followed by "Wed-Sat: 9-7" and "Sunday: 9-5" in a larger white font. At the bottom right is the Calgary Farmers Market logo, which is a red shield with white text that reads "CALGARY FARMERS MARKET". At the very bottom, the text "Off Bowfort Road, at Stoney Trail & 16th Ave NW" is written in white.

Montgomery Community Spring Soccer 2023

U4 to U12

Registration will be available online at www.mcapeople.com.

Stay tuned for dates.

For more information, please email engagement@mcapeople.com.

Volunteer coaches needed! This is a parent-led volunteer program.

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GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.



If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**



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At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

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- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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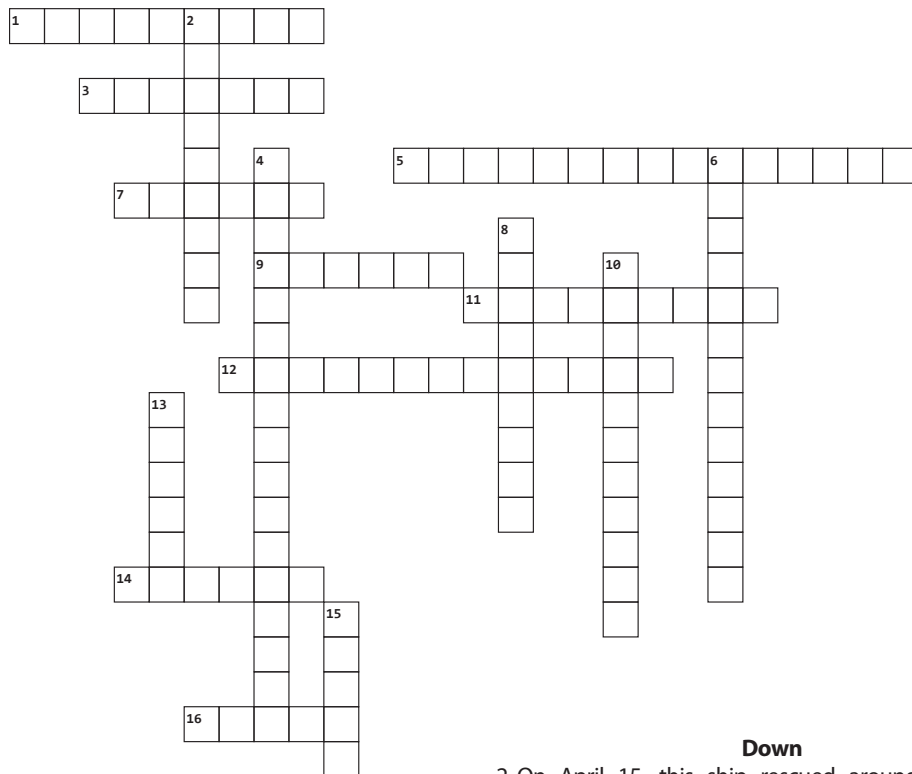


SCAN THE QR CODE FOR THE ANSWERS!





April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY



Phone Spring Cleaning

by Karl Plesz

At some point, many phone users arrive at a very annoying, yet important milestone: running out of storage space on their phone. The reason we tend to fill up our phone storage so quickly is because of how easy it is to accumulate data. Apps are easy to get, and in many cases, are free or very inexpensive. Having a camera built into your phone means being able to take pictures of anything, at any time. As phone cameras get better, the pictures generate bigger files. Video clips take this storage requirement to a whole new level. At some point, if you're a vigorous user, you may run short on space. Is there a solution? Time for some spring cleaning.

Start with the apps. Be stingy and ask the following question about every app on your phone. "Have I used this in the last six months?" If the answer is no, and you know in your heart that you probably won't use it in the next six months either, uninstall it. You can always get that app back if you change your mind. But don't stop with just the apps themselves. Some apps, especially those used to communicate, tend to keep a growing pile of past texts, messages, calls, etc. Find out how the apps store their stuff and delete it too. Don't assume that a deleted app will also delete its saved files. Sometimes an app will leave your past history intact, in case you reinstall.

Move on to videos and photos. Look at every video you've stored with the eye of a ruthless movie critic. Will you really care about that video clip next year? Yes? Then upload it to YouTube or Facebook or a cloud storage service like Google Photos and delete it from your phone. If your kids roll their eyes every time you show a certain clip, you may be kidding

yourself about just how amazing it is. Delete it. Move on to photos. That picture of those amazing desserts you had looked good when you took them. Do you think you're the only person who has ever had the Ultimate Red Velvet Cake Cheesecake at Cheesecake Factory? I'm willing to bet that there are pics of that exact dessert on Google that are much more professional. Even if you insist on keeping the dessert photos, you don't need ten different angles of cheesecake. Delete nine, keep the best one. Photographic memories are great keepsakes, just don't be like a museum about them. One final note about pictures. Did your sister really, really love that one picture of the two of you at Disneyland? Great. Send it to her and let her keep it.

Music is another thing that can gobble up storage on a phone. It's nice to be able to store every song you own, but I know folks with music collections topping 100GB or more. If you want to avoid using up a lot of space on your phone, consider paying for a music streaming service like Spotify and let them store all your favourite songs in the Cloud. Yes, that means streaming data costs, but sometimes you have to choose what's more important – a phone with a lot of storage (expensive), that may still not be enough down the road, or a better data plan (or more use of free Wi-Fi). In my case, I let my music streaming service store music on my phone so I can save on data costs, but because of the app's compression, they use much less storage capacity.

If you drill into your phone's settings, you can find out what's using up all that space and get to weeding things out. So, if you're getting low on phone storage, or even if you're not, consider doing some spring cleaning. Be ruthless. And leverage the Cloud as much as you dare.

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27 Ways to Say No

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



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

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Canada's Newest Guidance on Alcohol and Health

from Alberta Health Services

Alcohol is one of the most common substances used among Canadians, including youth. Recently, the Canadian Centre on Substance Use and Addiction (CCSA) released an updated report on guidance around alcohol and health. This was in response to the growing evidence that alcohol is the leading preventable cause of many major health issues. The recommendations are a better approach to addressing alcohol related injuries and maintaining general wellness.

So, what are the facts?

- The main message is that drinking less is better. This presents differently for everyone.
- All levels of alcohol consumption are associated with some risk, but this risk increases with more alcohol.
- There are times in which no alcohol is the safest. This can include driving, using heavy machinery, trying to be or being pregnant, breastfeeding, using medications, and being responsible for the safety of others.
- A standard drink depends on the type of alcohol, the amount, and the percentage involved. For example, one standard drink can be either one 341 ml (12 oz) beer with 5% alcohol or one 142 ml (5 oz) glass of 12% wine.
- Cancer is the leading cause of death in Canada and alcohol is known to cause seven types of cancer.

So, what do we do with this information?

Take the time to look at your alcohol use to make healthier and informed choices. Reading this article and increasing your knowledge about the impact alcohol may have on your life is a great first step! If you are hoping to decrease your alcohol use, here are a few tips offered by CCSA:

- Explore activities that are alcohol-free or offer non-alcoholic alternatives.
- Slowly set realistic limits that you can implement during your day-to-day life.
- If you choose to drink, drink slowly and make sure to nourish yourself with food and water.
- Track your alcohol use with tracking tools on smartphones or in a journal. Perhaps make note of how you feel after you decide to drink or not.



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

Event Recap: Jellybean Dance

The MCA Jellybean Dance on March 3 was a huge success! Thank you to the many volunteers who helped bring it together!



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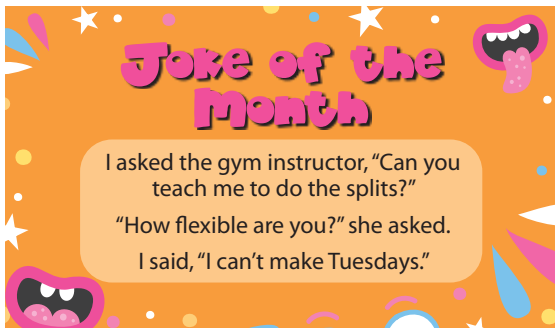


News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



Calgary Confederation
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Access To Information

Canadians often hear journalists talk about getting information through the Access to Information process, but this access is not limited to journalists.

Any Canadian citizen, permanent resident, or any person or corporation residing in Canada has the right to request access to records of government institutions that are subject to the Access to Information Act.

The government retains the ability to withhold information for a number of reasons such as national security, personal privacy, Cabinet Confidence, proprietary information, trade secrets, international relations, and third-party information.

Any Canadian citizen, permanent resident, or individual present in Canada has the right to access their personal information held by government institutions that are subject to the Privacy Act.

Your request must be directed to a specific department or institution and each request will cost five dollars. You can find the information on how to make your request at www.lenwebbermp.ca/access-to-information.

You can also use the online archive to see summaries of previous requests that have been made by others. This could save you considerable time if the request has been made previously.

The Access to Information process is not as quick as it should be, but it is an important tool that Canadians can use to access government information.

If you believe there is an error in the information a government institution has on file about you or that information is missing, you may ask to have it corrected. If the institution does not agree to change the information on file, the institution must make a note of your request for correction and attach it to the record.

They may have also shared your information with other government institutions in the last two years. The government institution will contact these other institutions so that they can make the same correction or notation.

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

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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, 403-269-2707.

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.

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Wicker Land Patio

TRAEGER 

BBQ LAND **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

NEW CONDOS COMING TO U/D!

University District is excited to announce the third residential project by Homes by Avi.

Come and celebrate with us at the builder launch featuring music, light refreshments, and tours of the new show suite. Meet the team and explore this exciting new housing opportunity in our award-winning community. Don't miss out!

May 6, 12-5 PM

University District Discovery Centre
4410 University Avenue NW

For more information visit
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