

JUNE 2023

DELIVERED MONTHLY TO 3,225 HOUSEHOLDS

# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



**MCA GARDEN SEED SWAP  
SEE PAGE 6 FOR DETAILS!**



**PROMOTE YOUR BUSINESS HERE**

Call 403-720-0762  
or email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

GET A QUOTE NOW





COMPANIONS™  
FOR CHANGE



**Friday,  
June 30**  
2pm – 6pm



7026-2060 Symons  
Valley Pkwy NW  
587-230-3188  
petvalu.ca

# Adoption Event

Come meet adoptable dogs & puppies!

In collaboration with:



# OFFICIAL

PLUMBING & HEATING

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

**\$50**

Service Call Fee



403-837-4023

info@officialplumbingheating.ca  
official-plumbing-heating.ca



# SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages

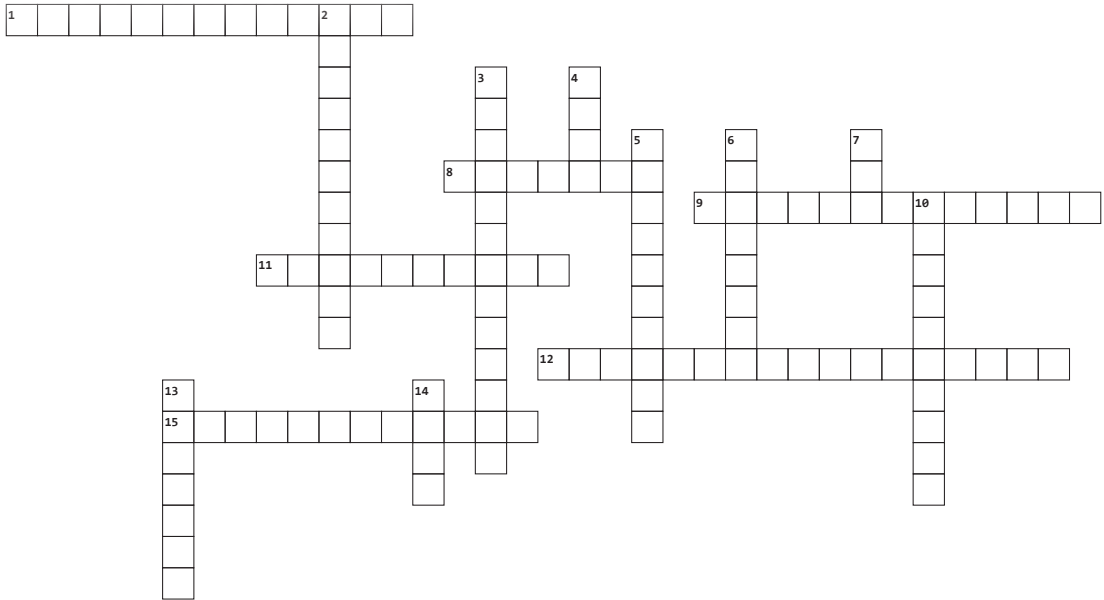


**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial



# June Crossword Puzzle



## Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

## Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by \_\_\_\_\_ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National \_\_\_\_\_ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your \_\_\_\_\_ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

SCAN THE QR CODE FOR  
THE ANSWER KEY



## SENIORS' SOCIAL

The next Montgomery Seniors' Social will be held on Thursday, June 15 from 11:30 am to 3:00 pm. Join us for our traditional potluck lunch, tea, coffee, games, and fellowship!

At our last meeting, shuffleboard and bean bag toss were a huge hit!



Clara won the bean bag toss with a whopping 4,825 points!



David	550	790	1200	2150	2150	2350
Kim	290	690	1500	2170	2520	3820
Clara	725	1280	2900	3700	3775	4825
Terry	500	1050	1350	1520	2220	2875
Lynn	0	575	1150	1450	1300	1650

## 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](http://www.mcapeople.com) or in person at the Montgomery office.

## 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](mailto:president@mcapeople.com) for more information.



# PICKLEBALL

## AT MCA

• 9:30 AM - 12:30 PM •

• MONDAY •

• WEDNESDAY •

• FRIDAY •

**\$7.00 DROP-IN**  
OR  
**MONTHLY PUNCHCARD**  
**\$60\***

PURCHASE MEMBERSHIP AND  
MORE INFORMATION  
[WWW.MCAPEOPLE.COM](http://WWW.MCAPEOPLE.COM)

MUST BE AN MCA MEMBER TO PLAY  
403-247-3116
\*UP TO 12 SESSIONS A MONTH  
[manager@mcapeople.com](mailto:manager@mcapeople.com)

## Executive

President	Jason Sokolosky
Vice-President, Events	Michael "Spike" Richards
Treasurer	Anita Hennig
Secretary	Teigan Owen

## Staff

Community Engagement and Facility Manager	Abi Harker manager@mcapeople.com
Building and Maintenance	David Hoskyn building@mcapeople.com
Community Engagement	Ali MacQuarrie engagement@mcapeople.com

## Directors

Director	Elizabeth Laishley
Director	Kayla Doiron
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

Community Liaison Officer	David Down pol3847@calgarypolice.ca	403-428-6200
---------------------------	--	--------------

## 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!

# COMMUNITY GARDEN UPDATE



## Seed Swap



## Want to Homeschool?

Phoenix Foundation offers BlendEd, Online, Kindergarten and Home Education programs for grades K-9. Amazing classes, events and field trips.

**403-265-7701**

**[www.phoenixfoundation.ca](http://www.phoenixfoundation.ca)**



## Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

## Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

# Your Calendar is for More Than Just Appointments

by Karl Plesz

One of the most underutilized components of Outlook or any other suite of productivity application is the calendar. Many people limit its use to just appointments and meetings – if they use it at all. Well, if you have difficulty managing the time and tasks in your busy day or if you have trouble remembering things that have to be done at certain times on certain days, your calendar is the tool that's been hiding in plain sight.

Your calendar should be used like a map or schedule of your workday, or even your entire day if you're using a calendar that travels with you outside of work. Personally, I use two calendars. Outlook at work and Google outside of work. I use my calendars to plan my entire day.

Every morning when I show up at work, a quick glance at the calendar and I know exactly what's meant to happen that day, tomorrow, and the rest of the week. I use those 30-minute time blocks to plan my work, the courses I'm teaching (I'm a trainer), recurring things I have to do at certain times each week, meetings, appointments, reminders, you name it.

Because I know that my colleagues can see my availability when they plan meetings in Outlook, I leverage the 'show as' feature a lot. If the item in the calendar is nothing more than a reminder to do something that takes mere minutes, I change the 'show as' setting to 'free.' That way, the time period will still show as available to others trying to plan meetings with me.

My memory isn't as reliable as it used to be, so there's no way I could possibly remember everything I need to do on a weekly basis. That's why I have blocks of time set aside to remind me to do my time audit, write articles for the corporate newsletter, plan next month's training schedule, etc.

But more importantly, I use it to set aside the time I know I will need to do the various tasks and projects I need to accomplish day to day. It's not good enough however, to just put the work items in the calendar. You have to live by it. Sure, it's flexible – if it turns out that you need more time to complete a task, you can allot

more time to it on the calendar. If you need to move a work item to another day or time, that's fine within reason. But when someone asks you if you have time to do something unexpected, the calendar is your guide. You should never, ever commit to a new task before checking your calendar; if you're busy on a certain day, say so. Then find and use any free time for the new task. Once you do commit to new work, it needs to get into the calendar right away.

One of the bonus reasons I like putting everything in my calendar is that all calendar appointments have the built-in ability to remind you of upcoming commitments automatically. So, if you can never find enough minutes in your workday, try using that mostly empty calendar to organize your time in a purposeful, realistic way. Reminders included.



# Tour de Bowness

20TH ANNIVERSARY

## VENDORS WANTED

**August 7, 2023**  
**10am - 5pm**  
Mainstreet Bowness Rd.



[tourdebowness.com](http://tourdebowness.com)  
for more info

 [tourdebowness.streetfest](https://www.instagram.com/tourdebowness.streetfest)  
 [mainstreet.bowness.bia](https://www.facebook.com/mainstreet.bowness.bia)

**STREET FESTIVAL & BIKE RACE**



## Monty's Pub at MCA

The MCA is presenting a series of family-friendly Pub Nights and live music events for our community. These events are for members and guests only. Kids under the age of 18 are welcome if they're accompanied by a guardian.

Our MCA memberships are free in 2023. We are quietly, casually asking for a donation if you attend, if you can. We understand if you can't, by the way. Kayla will be working the greeting table at our next event on June 23, when MCA presents a family-friendly night of live southern rock and bluesy tunes. Bring your neighbours and your smurfs!



## MCA Community Cleanup

**September 17, 2023**

We are excited to host the 2023 MCA Community Cleanup on Sunday, September 17.

We could use your help! Have you been part of the MCA volunteer team before? Awesome! Have you ever been involved in spending some volunteer hours alongside neighbours at a City of Calgary supported cleanup? Awesome! Are you just plain awesome? Awesome! We are looking for all three types of awesome volunteers for this event!

Please get in touch with Teigan and Spike at [events@mcapeople.com](mailto:events@mcapeople.com).

Thank you!



# 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.

**CALGARY  
POLICE  
SERVICE**

If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)



## Backyard Play Safety

from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

### Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



## News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Laureen Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parksplan>.

## Montgomery Community Fence Art Project

Join your neighbours for a fun event creating a collaborative fence pixel work of art.



**When:** June 24 from 3:00 to 5:00 pm

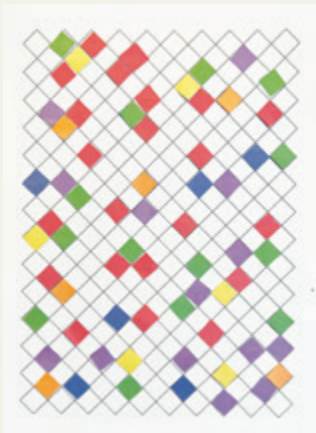
**Where:** Montgomery Community Garden - 5299 Montalban Ave NW

Montgomery households and businesses are encouraged to register.

Materials provided. No art experience needed.

Registry preferred in order to assist with organizing.

Email [tamitheamc@gmail.com](mailto:tamitheamc@gmail.com) to connect with one of the organizers.



## No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
**[calgaryfreshjock.com](http://calgaryfreshjock.com)**

## Let's Talk About Music...

I had a blast at our inaugural all ages Fourth Friday Pub Night in April; I hope you did too. We learned lots. I have had numerous requests to bring back Shep as a karaoke and TuneTrivia host; we shall see what we can do! Many thanks to the team of MCA volunteers and staff that made this night work.

The last week in May was Alberta election time at the hall, so there was no Pub Night. I really do hope that you got out and voted. It does matter. Thank you.

Friday, June 23, 6:00 to 10:00 pm, we continue with Fourth Fridays. Dawn and Shane from Black Snake Moan will be in the MCA house, sharing some awesome southern rock and blues. This duo is very talented. I am looking forward to hearing their new and old music.

We are skipping Fourth Fridays in July, August, and September. I hope you get out there and enjoy some of the live music festivals and events going on in our region. If you want to volunteer, but don't know where to start, get in touch with me.

Sunday, July 23, 12:00 to 4:00 pm, MCA is honoured to host a djembe-based Drum Circle, led by the experienced and fun folks from One World Drumming. I am pumped for this! We are hoping outdoor, in the field behind the hall, but we will be prepared to move indoors if needed. After the Drum Circle, we will be dancing and grooving to the very unique sounds of ScruffyFish! This will be a memorable day; I hope you, your family, and neighbours can join in.

Saturday, September 16, 12:00 to 4:00 pm, join us for an MCA style celebration of Mexican Independence Day. The inimitable Tim Williams will be on our stage, sharing stories and music for his time spent with our friends to the south.

Sunday, September 17 is the MCA Community Cleanup. If you have volunteered in the past, we could use your help. If you have not yet volunteered, we could use your help. Gracias!

Friday, October 27 is a Fourth Friday Halloween Shuffle.

Friday, November 24 is a Fourth Friday Festive Frolic.

All of these events are for members and guests only. Kids are welcome when accompanied by a guardian.

MCA memberships are free this year. If you can, we are asking for a \$5 or \$10 donation at the event to help keep this type of programming going forward. We thank you for your support!

*Spike*

events@mcapeople.com



**BOWMONT FAMILIES TOGETHER**

CARYA

# Montgomery Drop-in Play

A place for families to connect and play.  
Free coffee, snacks and some play time in the gym!



**MONTGOMERY  
COMMUNITY ASSOCIATION  
5003 16 AVE NW**

**EVERY TUESDAY  
10:00 - 11:30 AM**

Free programs where neighbours from Bowness, Montgomery and Greenwood Village can connect, learn and play in a welcoming space. For more information contact: [BFT@caryacalgary.ca](mailto:BFT@caryacalgary.ca)



# Guess That Book!

1. A nurse accidentally time travels to the 18<sup>th</sup> century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

# SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

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




**Calgary Confederation**  
**Len Webber, MP**  
 2020 – 10 St NW  
 Calgary, AB T2M 3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

## Montgomery Real Estate Update

### Last 12 Months Montgomery MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$719,000	\$700,425
March 2023	\$834,450	\$815,000
February 2023	\$564,950	\$546,000
January 2023	\$764,900	\$757,000
December 2022	\$694,950	\$676,000
November 2022	\$474,950	\$448,750
October 2022	\$529,900	\$518,000
September 2022	\$549,900	\$547,500
August 2022	\$559,900	\$520,000
July 2022	\$789,000	\$784,000
June 2022	\$625,500	\$625,000
May 2022	\$649,900	\$643,500

### Last 12 Months Montgomery MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	14	17
March 2023	18	8
February 2023	7	8
January 2023	8	10
December 2022	1	8
November 2022	9	10
October 2022	13	5
September 2022	9	5
August 2022	10	7
July 2022	11	3
June 2022	10	9
May 2022	18	12

To view more detailed information that comprise the above  
MLS averages please visit [mong.mycalgary.com](http://mong.mycalgary.com)

### Where to Start?

Still in school? Just graduated? Looking for a second career? Just looking for a better job?

Looking for a new career is a daunting process no matter your reasons or your age. The Government of Canada has a number of useful tools that help you chart (or rechart) your future. All of the digital resources below are available at [www.lenwebbermp.ca/careers](http://www.lenwebbermp.ca/careers). By making the right decisions early, you can save time, money, and stress when it comes to career choices.

Your best job performance and satisfaction comes when your career matches your personality and skills. Canada.ca offers three personality quizzes that help identify your style of thinking and understanding, your learning style, and your work values. The results of each personality test help you better understand how you may fit with future employers.

By using the career possibilities quizzes, individuals can determine how their unique interests, abilities, and skills fit with possible fields of interest. The second quiz helps you identify what your strong skills are, and the third quiz lets you discover how you like to work. The results help you focus your employment search in areas where you are most likely to be satisfied and successful.

Once you find careers you are interested in, you can use the Job Profiles section to find out more about that specific career and the available opportunities. Just search the job and enter a location (city or province) and you will find out more about the common education requirements, the average pay, available jobs, and what skills are most recommended.

Once you have used the tools above, use the integrated Job Bank to find that next career opportunity. You can search for jobs by type, title, location, full-time, or part-time. You can also find access to government supported job training opportunities. Happy hunting!



# BUSINESS CLASSIFIEDS

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.

**MONTGOMERY 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.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**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.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



**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 MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Proudly owned in *Calgary* serving Calgary businesses



**CALL 403.279.5554**

109 - 10836 24th Street SE



**Mat & Linen Services**



**MATS**  
Commercial mat rentals  
and purchases



**HOSPITALITY SERVICES**  
Linens for tables, chairs, and  
napkins. Laundry and  
pressing services



**WORKWEAR**  
Workwear and cleaning of  
uniforms and coveralls



**CLEANING**  
One-stop service for cleaning  
supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)



**Need Momentum  
in your life?**  
With our programs, you can...

**Train for a  
Good Job**



**Manage and  
Save Money**



**Start a  
Business**



Are you ready to **Get Started?**  
Visit [momentum.org](http://momentum.org) or call **403-272-9323**



**Your Patio Furniture  
Superstore!**



**YETI**  **weber**

**Wicker Land Patio**

TRAEGER RATANA

**BBQ LAND**

**Modern  
Patio**

**Located Three Blocks East of Chinook Mall**  
6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)

Picnics are **MINT**  
to be **FRESH**




CFM South  
Thurs - Sun: 9-5  
Heritage & Blackfoot

CFM West  
Wed-Sat: 9-7  
Sunday: 9-5  
Stoney Trail & 16th Ave

