

AUGUST 2024

DELIVERED MONTHLY TO 3,325 HOUSEHOLDS

# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



## PLAYING IN THE DIRT!

### Volunteer in Your Community!

In the Lead is a **leadership program for youth** who may struggle to believe in their leadership abilities. We match youth with adult volunteers to support their leadership journey while evolving your leadership skills.



CALGARY  
YOUTH  
JUSTICE  
SOCIETY

[volunteer@cyjs.ca](mailto:volunteer@cyjs.ca)  
[cyjs.ca](http://cyjs.ca)





# NORTHLAND VILLAGE DENTAL CENTRE

Accept CDCA fee guide  
For more details, please contact the office  
**OPEN WEEKENDS AND EVENINGS**  
**FREE PARKING**

We are excited to see you at our  
**NEW CLINIC** by Northland McDonald's

NEW PATIENT PROGRAM:  
COMPLIMENTARY ELECTRIC  
TOOTHBRUSH OR TEETH WHITENING

MULTI-LANGUAGE SERVICE



AESTHETIC DENTISTRY    TEETH WHITENING  
SPACE MAINTENANCE    DENTAL FILLINGS    DENTURES  
CROWNS AND BRIDGES    DENTAL IMPLANT CROWNS

#100, 5117 NORTHLAND DRIVE  
NW CALGARY, AB T2L 2JB  
**403-255-6688**

Monday to Friday 8:30 am - 7:00 pm  
Saturday 8:30 am - 5:00 pm

# 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

## THE HOME FRIEND



Quality of life companions, bringing  
customized care and companionship.

Follow us on Instagram:



@THE\_HOME\_FRIEND\_INC

Contact us

Email: [tressa@thehomefriend.ca](mailto:tressa@thehomefriend.ca)

Text/Call: 587-777-6534

Visit: [thehomefriend.com](http://thehomefriend.com)

## Executive

President – Planning	Harminder Dhillon
Vice-President	Milena Meneghetti
Treasurer	George McMullen
Secretary	Crystal Read

## Staff

General Manager	Michael “Spike” Richards
Building and Maintenance/ Newsletter	David Hoskyn
Bookkeeper	Yvette Foster-Norgren

## Directors

Director	Denise Brown
Director – Outside Maintenance	D’Arcy Williamson
Director – Seniors Programs	Ken Adams
Director – IT/Systems	Drew Bird history@mcapeople.com
Director – Business Liaison	Elizabeth Laishley
Neighbourhood Partnership Coordinator/City of Calgary	Brenda Annala

## Community Contacts

Community Liaison Officer	Cst. Shuo Qiu pol537@calgarypolice.ca
---------------------------	--

## Elected Representatives

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

## School Board Trustees

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

## Stay Connected With Montgomery

✉ **General Email Inquiries:** [manager@mcapeople.com](mailto:manager@mcapeople.com)

### Newsletter Submissions

David Hoskyn: [building@mcapeople.com](mailto:building@mcapeople.com)

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

🌐 [www.mcapeople.com](http://www.mcapeople.com)

📘 [MontgomeryCA](https://www.facebook.com/MontgomeryCA)

✉ [@mcapeople](https://twitter.com/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](mailto:manager@mcapeople.com) for more details!

## Rental Rates

Please contact the office at 403-247-3116 or email [manager@mcapeople.com](mailto:manager@mcapeople.com) for hourly and daily rental rates.

Visit [website](http://www.mcapeople.com) to see our rental rates and rental calendar.

## 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](mailto: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 [building@mcapeople.com](mailto:building@mcapeople.com). High quality photos are also welcome.

## Virtual Registrations

The following are available online at [www.mcapeople.com](http://www.mcapeople.com):

MCA Family and Business Memberships

MCA Community Garden Registration

Visit [www.mcapeople.com](http://www.mcapeople.com) for more information!



## VICE-PRESIDENT'S WELCOME



A warm welcome to all as we start to wrap up an eventful spring and summer! As we look forward to the fall, I thought it important to highlight the ways in which our great community came together in June and July this year.

On June 6, 2024, our community woke up to a City of Calgary Feeder Water Main Break. In Montgomery at MCA, and we saw the field behind our local community centre and the parking lot flooded with water. You saw the first photos here in our July newsletter. You can imagine the surprise. The focus shifted rather quickly from the Housing Strategy and the largest public hearings in the City's history specific to Blanket Rezoning in April and May, to getting reports directly from the mayor's live feed about this emergency. I personally want to extend a big thank you to Brenda Annala our Neighbourhood Partnership Coordinator with the City who helped by ensuring I was included in the communications about this.

We were thankful that the City of Calgary crews were on the scene promptly, and around the clock, helping pump water out of the area, getting prepared to repair the section of the very large pipe and eventually completing the repairs.

In concert with the City of Calgary's response, we received a Government of Alberta Critical Alert Drinking Water Advisory (Water Supply/Infrastructure) affecting Calgary, Airdrie, Strathmore, and Chestermere. We found out we were dealing with an unprecedented, massive, water main break.

When this very large, feeder main pipe broke in the Montgomery/Bowness area, this created a sizeable ripple-effect causing a problem with moving water around the city. This meant pumping water from the Glenmore Dam instead of from the usual source.

Other smaller leaks were identified too, and various technologies were employed to find points of concern along the pipe. The largest damaged section of the pipe was about 78 inches.

In Bowness, the water was temporarily unsafe to drink, and a one-minute boil water advisory was implemented for our neighbouring community. Our thoughts went out to them as they worked together with the City of Calgary to ensure they had enough water for their daily needs. Potable water was brought in for them. By June 10, 2024, Alberta Health Services (AHS) had determined that water quality in Bowness had been restored, and the boil water advisory had been lifted.

On June 15, 2024, Mayor Jyoti Gondek, Chief Sue Henry of Calgary Emergency Management agency (CEMA), and Nancy McKay, Director of Water Services, announced that because of several critical factors, the decision was made to declare a city-wide state of emergency. We were asked to get water for non-drinking, outdoor use (non-potable) from several sites across the city, including Baker Park if we needed it.

Still, it was heart-warming and important for all to see Neighbour Day in Bowness move forward despite the circumstances. So too did other city-wide events like Indigenous Week and the Jazz Festival. These were important, to help ease the minds of many who were understandably anxious and concerned.

As we all became more aware of the magnitude of the problem, we slowly got used to hearing about the excavating and repair efforts of the City crews, and we all adapted in our own ways as traffic was rerouted from the Highway right into our Montgomery neighbourhood. Many had to find alternate places to park their vehicles, and we all made room for that as we could. Our usual walking paths were cordoned off for a time, but we worked around it and made the best of it.

The biggest call to action by Mayor Jyoti Gondek was for all of the residents in Calgary to immediately, and voluntarily, reduce indoor water use by about 25%. Thanks to the efforts of many, including Calgary businesses and the City of Calgary recreation facilities, we exceeded that target for several weeks. We flushed toilets only when we had to, stopped doing dishes and laundry as often, and collected water outdoors for use outdoors. We took showers that were shorter or skipped

them more often. Some of us decided to purchase water so as not to overburden the system and support our community. I personally feel that making this voluntary and not mandatory, was an excellent call on the mayor's part because each of our circumstances are different.

On that note, I'd like to thank the many residents in our area who are already very good water stewards, conserving water year-round in a variety of ways. This, for them, was an easy thing to do, and giving others water-saving tips was one way we helped out. I know I use very little water outdoors and catch rainwater to do the watering I need to do.

By July 3, 2024, the voluntary indoor water restrictions were lifted, with a caution to go slowly. Many parents with young children breathed a huge sigh of relief along with the rest of us who couldn't wait to take our usual showers and have our usual clean clothing available. When the July record high temperatures hit, the City of Calgary Parks department decided to open certain outdoor pools. Although we remain in Stage 3 outdoor water restrictions at the time I'm writing this, this step was an important one for many. A reminder that as of July 15, all City spray parks and all outdoor pools including backyard pools and kiddie pools are not allowed. Please check the City of Calgary's website directly for updates.

Read in our newsletter an article from Elizabeth Laishley on the Discount program for members and information about Business Memberships with MCA. Please note the important article from George McMullen regarding the Treasurer role. I'd like to thank our staff, especially David Hoskyn, who helped me ensure our summer newsletter went out as planned.

## CALGARY FINE DENTISTRY

*Dedicated to providing you with optimal dental health.*



21 Ave NW  
19 St NW  
Calgary Fine Dentistry  
18 St NW  
20 Ave NW

**Come check us out!**

403-284-3061  
#206 1910 20th Ave, NW  
[www.calgaryfinedentistry.com](http://www.calgaryfinedentistry.com)

## Little Libraries in Montgomery

We are compiling a list of Little Libraries in Montgomery for our next issue. Please reach out and let us know if your address should be on the list. A huge thank you for the effort you put in to keep yours inclusive and filled with those magical little verbs and nouns. Knowledge truly is power. Email Spike at [manager@mcapeople.com](mailto:manager@mcapeople.com).

## VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!





# HAPPY BIRTHDAY!

## Happy 60th Birthday MCA!

The Montgomery Community Association just celebrated 60 years. We would love you to share your memories with us and any ideas you have for the next 60 years!

Please send us any pictures or stories you have from your time in Montgomery to David at [building@mcapeople.com](mailto:building@mcapeople.com).

### Volunteer with MCA!

We have many opportunities for you to be a part of the growing team of MCA Volunteers! Join our Board! Help out with our monthly Pub Nights and Seniors Brunches! Offer your experience to lead or be part of our upcoming Workshops and Programming! Jelly Bean Dances! Skating rink! Community Garden! Riverside Cleanup! Bike Park! Monty's 60th Birthday Party! Talk to Director Benjamin at [volunteer@mcapeople.com](mailto:volunteer@mcapeople.com), and let's see where the best fit is for you. Thank you for reaching out to us.



# BARKER'S

• FINE DRY CLEANING •



## PICK UP & DELIVERY SERVICES

403-282-2226



## MCA Participated in the Children's Cottage Stampede Breakfast on July 3!



Calgary



## Farm Stand Program



### Montgomery Community Association

Saturdays, 3:00 to 6:00 pm  
5003 16 Ave NW

In partnership with The City of Calgary and Montgomery Community Association, Broxburn Vegetables is running a farm stand in our community. Stop by and grab some fresh Alberta veggies, dairy, and baked goods to spice up your dinner!



## 2024 Food Week Program

Tacos are a food group. Hope that got your attention! We are very proud to be hosting The Panel at the end of the 2024 Food Week program. Keep the evening of Friday, September 20, clear to join us, to learn, to share... and to eat some tacos! More information to follow.

# From the Treasurer's Desk

Hello Montgomery!

I served as Treasurer on the Board of Directors from 2008 to 2021. I returned to the Board in 2024 as a Director and am currently the interim Treasurer.

I'd like to step back to a Director position.

If you have an interest in sitting on the Executive, I invite you to join our team as Treasurer! A background in not-for-profit finance is an asset, however not necessary. You will be working directly alongside MCA's bookkeeper. The Board is available to you as a "finance committee" resource.

Sitting on the Board has been a rewarding and sometimes challenging experience.

Join the Board, get involved, and help your community grow!

Our next monthly Board meeting is scheduled for Tuesday, September 17, 2024, at 7:00 pm in the Board Room at Montgomery Community Centre, 5003 – 16 Avenue NW.

I look forward to meeting you!

*George McMullen*

Interim Treasurer



## Babysitters List

We have been asked to share a list of qualified babysitters in Montgomery. There are a number of first aid and situation-based training classes, we will be researching them and hopefully offer classes at the centre this fall. If you would like your young entrepreneurs name on the list, please forward their names to [manager@mcapeople.com](mailto:manager@mcapeople.com). We will connect and confirm before we publish.



# How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

## Crossing the Humour Line

Do you know if your humour is crossing any lines at work? What are some red flags when it comes to inappropriate humour in the workplace? Is just asking yourself this question a red flag?

I think back to a time in my military career when new harassment laws had been passed by the federal government and the brass were trying to explain to the troops how this was going to change their behaviour. Some of the 'boys' were quite defensive about having to check in before telling a potentially offensive joke. I chimed in at this point. I said that the fact that you'd have to check in before telling a joke is telling you that it's probably inappropriate to begin with. It was a challenge for some dealing with this change.

In all honesty, I don't know exactly where the humour line is drawn. Very few do. Even something you consider to be an innocent comment might be perceived by someone as offensive. The line varies depending on the workplace culture and your relationship with the people you work with. Even sarcasm can be a risk, especially with people you don't know well. But if you have a close relationship with someone at work then of course there are times when you might be freer with your words because the relationship allows for that.

Here are a few red flags to watch for:

- You find yourself looking around the room to see who's present before making a comment or joke.
- Before making your comment, you add the disclaimer: "I'm not racist/sexist/anti-whatever, but..."
- Your humour "punches down". This means, in theory, you can often get away with humour poking fun at the higher-ups, whereas managers making fun of their employees is considered punching down. It's far safer and more effective as a leader to turn the punchline on yourself.
- You see pained facial expressions on the people around you. You can't always trust the laughter because people will even laugh when they're nervous or trying to fit in or make others happy.
- Someone speaks to you about it later and shares that they didn't find it funny. If one person found it unfunny, there are probably others that just can't be bothered to say something.

The bottom line is, like everything else we do with others, to be more compassionate, empathetic, and kind. Humour is wonderful but use the kind that doesn't target or demean or disrespect anyone, present or not.

*Karl Plesz*

Your Productivity Guru

## JOKE OF THE MONTH

WHAT KIND  
OF KEY OPENS A  
BANANA?  
A MONKEY



CARYA



## Drop-in Play

A free program for families to connect and play!  
Activities are geared for children ages 0-6.  
Older siblings are always welcome.  
Program will be outdoors if weather permits!



JULY 16 - AUGUST 20  
10-11:30 AM

MCA - MONTGOMERY COMMUNITY ASSOCIATION  
5003 16 AVE NW

For more information contact:  
BFT@caryacalgary.ca

## MCA Social Seniors Club

We have moved our monthly potluck brunch from the third Thursday to the Saturday after our Fourth Friday Pub Night for various logistical reasons. We are joining forces with a number of strong Seniors associations and are quite pumped about the 2024 programs we will be offering. Due to increased bookings the August Social Seniors Club will move to Sunday, August 25, 11:00 am to 3:00 pm. We will resume Saturday potluck lunches on Saturday, September 28.

Plus 60? Upcoming Social Seniors Club dates to mark on your calendar. All Saturdays, 11:00 am doors open, 12:00 pm potluck brunch, then speakers, live music, games, and the company of a few dozen upbeat and very life experienced folks. Join us! September 28, October 26, and November 23.



# SOCIAL SENIORS CLUB POTLUCK

Sunday, August 25

11:00 AM to 3:00 PM

MCA Main Hall: 5003 16th Ave NW

**SAME GREAT MONTHLY SOCIALS, JUST NOW ON SATURDAYS!**

Join your neighbours for a light potluck lunch and an afternoon of games, music, socializing and fun.

### Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

### Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

### Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

### CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

## Jelly Bean Dances

We are looking to host a pair of Jelly Bean Dances in the fall and spring. Please reach out to our General Manager if you are interested in helping us create a pair of exciting and fun nights for our young Montgomerians!



## MCA Hosted Events. Join Us!

### MCA Social Seniors Club Potluck and Live Music

Sunday, August 25, 11:00 am to 3:00 pm

Volunteers needed please email  
volunteer@mcapeople.com.

## MCA Facilities

Our kitchen is available to rent! From gourmet hot sauces to croissants, there are a number of AHS certified companies using our facility for their ghost kitchen, maybe you need to use our shiny stainless room, too! Please say hello at manager@mcapeople.com.

Did you know the MCA Centre has an AV equipped Boardroom for your organization to meet? Comfortable, casual, in your neighbourhood.



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

\$50 for hockey bag full of gear. 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. Most 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 effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

**CALL US TODAY AT  
403-726-9301  
calgaryfreshjock.com**

The logo for MCA Montgomery Community Association, featuring the letters "MCA" in a large, stylized font above "MONTGOMERY" and "COMMUNITY ASSOCIATION" in smaller text.

**Rent Our Kitchen**

**Our large, AHS approved commercial kitchen is the perfect space to rent for parties, cooking classes, food preparation and catering!**

**Please email:  
manager@mcapeople.com**

**www.mcapeople.com**

The background of the advertisement is yellow with various kitchen-related icons: a sun, a stack of plates, a hand mixer, a knife, and a cutting board.

## FOURTH FRIDAY PUB NIGHT

Fourth Friday Pub Nights will return in September!



## Our Centre Inherits Signage from the City!



## MCA BUSINESS INCENTIVE PROGRAM

As an incentive for our community association members to encourage them to shop local, many businesses in Montgomery and Bowness will offer a 10% discount to our members!

### PARTICIPATING BUSINESSES:

Abbey's Creations  
Aesthetica Maria  
Alberta Vacuum Experts  
Allan's Flowers  
Artview Expositions Gallery at Fringe Coffee  
Bowness Arts  
Cactus Nails Salon  
Canine Cuts  
Century Derma Lounge  
Curvy Britches

Elevated Journeys Inc.  
Fringe Coffee  
Gas Tech Heating & Fireplace  
Golden West Restaurant  
Good Samaritan Thrift Store  
Liberty Tax  
Montgomery Auto Service  
Montgomery Village Vet  
Montgomery Wellness Centre  
NoTable – The Restaurant



## MCA MEMBERS RECEIVE A 10% DISCOUNT

(MUST HAVE PROOF OF VALID MEMBERSHIP)

**SENIORS \$5, SINGLE \$10, FAMILY \$20, ASSOCIATE \$20**

Support The Montgomery Community Association and register for your 2024 Membership.

Scan the QR code or visit [www.mcapeople.com](http://www.mcapeople.com)

Phone Inquiries: 403.689.1428

Email inquiries: [engagement@mcapeople.com](mailto:engagement@mcapeople.com)



## Bits and Pieces from the General Manager

We are always looking for volunteers to help create and implement new programming for MCA members and guests. If you've got a passion or interest, some experience to share, then we have an open ear and a possible existing team for you to work with!

September 14 is our MCA 60th Birthday Party! We will be working alongside our amazing partners at the 'Montgomery on the Bow BIA' to create a memorable and very fun day. If you would like to be involved, we would love to hear from you. Reach out to Spike at [manager@mcapeople.com](mailto:manager@mcapeople.com).

Some fun events coming up this fall, live music jams, MCA birthday party, Jelly Bean Dances, Social Seniors brunches, big band ballroom evenings, ski swaps, classes, karate, markets, rhythmic gymnastics, in-line skating, cooking, food appreciation... whew! Lots of stuff to do at your MCA centre.

## MCA Opportunities

Become a member and join our Montgomery Community Centre. There are many perks by becoming a Montgomery Community Association member. Membership will give you access to participate in various MCA Hosted Events.

- Fourth Friday Nights' monthly Pub Nights, starting up again in September. Live music with original songwriters, karaoke entertainment, and community fun with special events for the whole family: Halloween parties, crafts and kids' games.
- Join our community garden every spring and work and learn together how to grow and tend your own vegetable/produce.
- Participate in the MCA Social Senior Club Monthly Potluck Luncheon and listen to live music and make new friends.
- Get involved! Become a volunteer and make new friends in the community. Volunteer opportunities are varied from working at our Casino fundraisers to helping with special events like our upcoming Montgomery Community Birthday Party Celebration in September. Volunteering is great work experience!
- Join our many sports activities, kids' soccer program, adult pickleball sessions, karate, rhythmic gymnastics, in-line skate classes, and playgroup.

Contact us and find out more about the opportunities offered by joining our organization. Please email [manager@mcapeople.com](mailto:manager@mcapeople.com) or visit our website at [www.mcapeople.com](http://www.mcapeople.com).



### At-Risk for Mental Illness Research Program

*Seeking participants for youth mental health studies*

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

**For more info, please contact: 403-210-8740 or [naps@ucalgary.ca](mailto:naps@ucalgary.ca)**

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

### SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

<b>News, Events, &amp; More</b> 	<b>Crime Statistics</b> 	<b>Real Estate Statistics</b> 
--	--	--

**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.



# 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 FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**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.

**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.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

**CAPSTONE ENGINEERING ACADEMY:** Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: [www.capstoneacad.ca](http://www.capstoneacad.ca).

**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, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 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.



 **the Gutter Doctor** **403-714-0711**  
[gutterdoctor.ca](http://gutterdoctor.ca)

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



## BOWGLEN MEDICAL CENTRE

Unit 121 - 4411 16th Ave NW, Calgary AB T3B 0M3

*"Always Caring and Always Available"*

A UNIQUE FAMILY AND WALK-IN CLINIC

We also do virtual consults

WE WELCOME OUR NEW FAMILY PHYSICIANS ACCEPTING NEW PATIENTS!

Dr. A. A. DAYO MD, MBCHB, CCFP, FRACGP, FWACS

Dr. A. O. OLAWUNI MD, MPA (HS), MBA, MRCPI, MRCPS (Glasg), MICGP, DMOP, FRSPH, Dip (PEDS), CCFP

Dr. C. O. NDUBUBA MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

Call: 587-392-9670 Visit: [bowglenmedicalcentre.com](http://bowglenmedicalcentre.com)

MENTION 'BONES' TO RECEIVE 10% OFF  
YOUR FIRST GROOM

# Shaggy Dog?

Pet Planet University  
District offers full  
service grooming  
by appointment!

Book today at  
587.620.3080



Pet Planet University District  
4121 University Ave NW  
Tel: 587.620.3080



# GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.

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



SCAN ME

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING