

OCTOBER 2024

DELIVERED MONTHLY TO 3,325 HOUSEHOLDS

MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



**AMA'HNA BINO
THEY ARE TAKING ME HOME
PAGE 5**

Sotheby's
INTERNATIONAL REALTY
Canada



Tony Laratta Sales Associate



Nothing Compares to What's Next

c 403.863.9506 e tlaratta@sothebysrealty.ca

sothebysrealty.ca

Sotheby's International Realty Canada is Independently Owned And Operated. This communication is not intended to cause or induce a breach of an existing agency relationship.

Your community plan is ready

Hey South Shaganappi Communities!

That's you Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, University Heights, University District, University of Calgary, and Varsity.



The South Shaganappi Communities Local Area Plan is ready.

Wondering what the Plan's all about?

- ③ The South Shaganappi Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

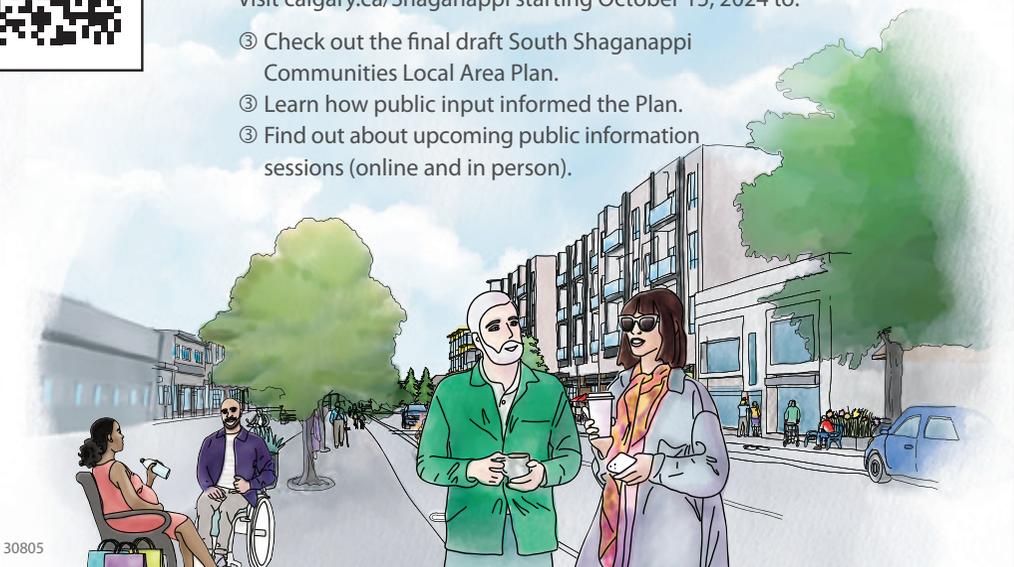
A few of the key ideas in the Plan include:

- Enhancing the mobility network and options
- Protecting and enhancing parks, open spaces and the Bow River Pathway System
- Improving recreational opportunities for all
- Fostering vibrant transit station areas
- Increasing housing choices for all ages

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit calgary.ca/Shaganappi starting October 15, 2024 to:

- ③ Check out the final draft South Shaganappi Communities Local Area Plan.
- ③ Learn how public input informed the Plan.
- ③ Find out about upcoming public information sessions (online and in person).



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms



MONTGOMERY COMMUNITY ASSOCIATION

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 – MCA History | Drew Bird history@mcapeople.com |
| Director – Business Liaison | Elizabeth Laishley |

Community Contacts

| | |
|---|--|
| Community Liaison Officer | Cst. Shuo Qiu pol537@calgarypolice.ca |
| Neighbourhood Partnership Coordinator/City of Calgary | Brenda Annala |

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:** Spike Richards, manager@mcapeople.com
Newsletter Submissions
 David Hoskyn: building@mcapeople.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

🌐 www.mcapeople.com

📷 MCA_People

📘 MontgomeryCA

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.

Visit website 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 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. 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!

They Are Taking Me Home

It's a 126-kilometre, three-day journey from Morley (Mini Thni) to Calgary and back, under the heat of the summer sun. And 2024 marks the third year for the walk started by Robbie Daniels in 2022.

The walk serves as a reminder and hopefully some closure to families and friends who've lost loved ones to addiction, suicide, or violence. The walk also brings attention to the impact of addiction, overdose, and suicide on Indigenous communities in particular.

Robbie Daniels says, "We have lost so many to addiction. There are still so many stuck in addiction, both on and off the reserves. If we don't do anything our children and youth will suffer. We are walking to remember those lost to addictions, suicide, and murder."

The walk was sponsored by Sobercrew Calgary and included ceremonies with speakers, drummers, and performers at Olympic Plaza in Calgary.

The Montgomery Community Association was proud to play a small part, providing the facility for the participants' breakfast and kick off location for day two of their 'Journey for Healing'.



MCA Hosted Events. Join Us!

Pumpkin Jamming

Join us Friday, October 25 for an all-ages pub style eve, with some locals and imports playing and plucking and blowing and drumming for us. We will have some surprises... and will probably be surprised ourselves. Bring your neighbours for a night out in your neighbourhood!

MCA Social Seniors Club Potluck and Live Music

Saturday, October 26, 11:00 am to 3:00 pm

Volunteers needed please email
volunteer@mcapeople.com.

Montgomery's 60th Anniversary Celebration

Saturday, December 14

OFFICIAL

PLUMBING & HEATING

\$50

Service Call Fee

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



403-837-4023

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



60th Anniversary Postponement

Unfortunately, due to the new work infrastructure being done, and the potential of access issues returning to the MCA centre, we were advised to postpone our September 14 event celebrating Montgomery's 60th Birthday.

We are now planning a family friendly and very fun evening on Saturday, December 14. Please plan on joining us, expect music and food and did we mention fun yet?

If you were looking for a reason to volunteer for your Community Association and meet your neighbours, this would be the event! Get in touch with Spike at manager@mcapeople.com, we would love to have you be a part of the team.

Jelly Bean Dances

We are looking to host a pair of Jelly Bean Dances the spring of 2025. 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 Montgomeries!

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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.

Volunteer with MCA!

We have many opportunities for you to be a part of our growing team of MCA volunteers! Join our board! Help out with our monthly Social Seniors Brunches! Offer your experience and contribute to our upcoming workshops and programming! 2025 Jelly Bean Dances! Outdoor skating rink! Community Garden! 2025 Riverside Cleanup! Festive Market and Monty's 60th Birthday Party! Connect with Spike at manager@mcapeople.com, and let's see where the best MCA fit is for you. Thank you for reaching out to us and helping.



Reasons To Volunteer!

For us... We can use your help!

For you... Connect with your community. Meet new friends. Talk to new people. Enjoy a sense of accomplishment. Learn some new skills. Expand your professional network. Bring some extra fun into your life. Get out of your comfort zone. Enjoy a challenge!

Look Up.... Waaay Up!

It is written that an appearance of osprey in your life indicates a visit of the spirit in the form of the Beacon, coming to guide you back to a place of safety or security, or to a feeling of groundedness.

I have been spending time out front this summer, interacting in a casual space with our various clients and program providers at the MCA Centre. And chatting with our osprey.

With the watermain break and subsequent frantic repairs, there have been a few new drone shots taken of our front yard. They have given me some empathy into what our local mating pair of ospreys might see. Well, maybe not fully, as their vision definition is typically 60 times ours. But... close.

We are not in Kananaskis, where our energy companies create numerous platforms to ensure safety for returning pairs. The two (plus!) residing beside the centre's front door are about to lose their nesting pole, sadly. Much needed updates to the field lights were scheduled for this season, and the pipe break washed away much of the nest pole's footing strength. It has been a respectful waiting game being played by the City and their contractors until the ospreys scoot south.

I am going to write more about these amazing creatures in upcoming *Messenger* issues, I am purposefully learning about them since we met. If you have history, or input, photos or stories, please do reach out and help educate me... us.

Spike

manager@mcapeople.com

Attention Calgarians,

Change your lifestyle, physical and mental health by learning the best techniques from Brazilian JJ, Karate and Boxing in a gradual and safe way. Combined martial arts are not only self-defense techniques, but also excellent therapy against anxiety and depression.

With our program you can strengthen your muscles, lose weight and fix your sleeping habits.

📍 **Montgomery Community Association (5003 16 Ave NW)**
Every Monday and Thursday, 6:30-8:30 pm

Register for a FREE CLASS at combined.ma@gmail.com or 403-383-5972



Bird Species in the Park

This checklist is generated with data from eBird (ebird.org), a global database of bird sightings from birders like you. If you enjoy this checklist, please consider contributing your sightings to eBird. It is 100% free to take part, and your observations will help support birders, researchers, and conservationists worldwide. Go to ebird.org to learn more!

eBird Field Checklist: Shouldice Park ebird.org/hotspot/L152963 (84 species).

Waterfowl: Snow Goose, Canada Goose, Northern Shoveler, American Wigeon, Mallard, Bufflehead, Common Goldeneye and Common Merganser.

Pigeons and Doves: Rock Pigeon and Mourning Dove.

Shorebirds: Spotted Sandpiper and Solitary Sandpiper.

Kinglets: Ruby-crowned Kinglet

Falcons and Caracaras: American Kestrel and Merlin.

Gulls, Terns, and Skimmers: Franklin's Gull, Ring-billed Gull, Herring Gull, California Gull and Larus sp.

Cormorants and Anhingas: Double-crested Cormorant.

Pelicans: American White Pelican.

Hérons, Ibis, and Allies: Great Blue Heron.

Woodpeckers: Downy Woodpecker, Hairy Woodpecker, Downy/Hairy Woodpecker, Pileated Woodpecker and Northern Flicker.

Vultures, Hawks, and Allies: Osprey, Sharp-shinned Hawk, Cooper's Hawk, Bald Eagle, Swainson's Hawk, Red-tailed Hawk, Rough-legged Hawk and hawk sp.

Kingfishers: Belted Kingfisher.

Tyrant Flycatchers: Pewees, Kingbirds, and Allies: Olive-sided Flycatcher, Least Flycatcher and Eastern Kingbird.

Vireos: Warbling Vireo and Red-eyed Vireo.

Shrikes: Northern Shrike.

Jays, Magpies, Crows, and Ravens: Blue Jay, Black-billed Magpie, American Crow and Common Raven.

Tits, Chickadees, and Titmice: Black-capped Chickadee.

Martins and Swallows: Bank Swallow, Tree Swallow, Violet-green Swallow, Northern Rough-winged Swallow, Barn Swallow, Cliff Swallow and swallow sp.

Nuthatches: White-breasted Nuthatch and Red-breasted Nuthatch.

Wrens: House Wren.

Starlings and Mynas: European Starling.

Thrushes: Townsend's Solitaire and American Robin.

Waxwings: Bohemian Waxwing and Cedar Waxwing.

Old World Sparrows: House Sparrow.

Finches, Euphonias, and Allies: Pine Grosbeak, House Finch, Common Redpoll, Red Crossbill, Pine Siskin and American Goldfinch.

New World Sparrows: Chipping Sparrow, Clay-colored Sparrow, Dark-eyed Junco, White-crowned Sparrow, White-throated Sparrow, Vesper Sparrow, Savannah Sparrow, Song Sparrow and Lincoln's Sparrow.

Blackbirds: Red-winged Blackbird and Brown-headed Cowbird.

Wood-Warblers: Tennessee Warbler, Orange-crowned Warbler, American Redstart, Yellow Warbler, Yellow-rumped Warbler, new world warbler sp.

Cardinals, Grosbeaks, and Allies: Western Tanager.

Catbirds, Mockingbirds, Thrashers: Gray Catbird.

Seminar Leaders! Business Leaders!

Group training? Brainstorming sessions? Get your staff out of the office to a comfortable neutral location. This will help inspire creativity and attention. Our boardroom accommodates up to 25 people. Our main hall can seat up to 300 people. Round tables. Square tables. Horseshoe setup. Break away tables. A full complement of A/V equipment. Reasonable rental rates! Fully certified kitchen facilities.

Swish ORAL CARE



Good vibes,
great care.

It's official: our second location is opening in the University District this fall. Sign up for our patient waitlist and be the first to experience Swish 2.0.

Scan me
Scan me
Scan me



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this fall in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join our patient waitlist and be the first to experience our brand-new University District location.

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

“ I have dreaded going to the dentist for decades and now I finally found an office that I enjoy coming to.” - *Kayla R.*

“ First class dental service.” - *Chad T.*

“ I am truly astonished that this place exists—in the most wonderful way possible.” - *Shelby B.*

“ The way a dental clinic should be run. Top notch experience and service. Well worth the wait to book!” - *John S.*

Why Switch to Swish?



Designed for Care & Comfort.

We've partnered with award-winning designer, Sarah Ward Interiors, to create a clinic that's anything but clinical. Say no to the fluorescent glow and yes to thoughtful design details that put your mind at ease. Sneak-a-peek at our new space on Instagram at @swishoralcare.

Tailored to Your Tastes

Mint or Strawberry floss? Netflix or Disney+? A scoop of Village Ice Cream or a cup of coffee from Monogram? Everything you didn't know you needed from your dentist, at your fingertips, at no extra cost.

Healthcare, Meet Hospitality

Our philosophy of care puts people first, always. We ease dental anxiety with kindness, compassion, and empathy. When you enjoy your routines and rituals, great care comes easily.

Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

Brush up on all things

Swish

Opening this fall in the University District. Be the first to book – join our patient waitlist.

Find us online:



swishoralcare.ca

hello@swishoralcare.ca



[@swishoralcare](https://www.facebook.com/swishoralcare)



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**

MUST BE AN MCA MEMBER TO PLAY

*UP TO 12 SESSIONS A MONTH

403-247-3116

membership@mcapeople.com



AVENUE | Financial
Real Estate Solutions



Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

MCA Social Seniors Club Potluck



SOCIAL SENIORS CLUB POTLUCK

Saturday, October 26

11:00 AM to 3:00 PM

MCA Main Hall: 5003 16th Ave NW

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

Zoom, Zoom... Zoom!

In early September, the MCA Centre was proud to host The Nakiska Alpine Ski Association. A full series of preseason protocol and safety meetings for parents and coaches, and a high-performance ski equipment swap made for a busy weekend at the centre.

This non-profit organization was founded in the summer of 2009, bringing together four Nakiska based ski racing clubs (a fifth in 2011 and a sixth in 2023) who agreed to reorganize their programs to collaborate and win!

The clubs contribute resources to the non-profit Nakiska Alpine organization for the purposes of employing a full-time Program Director, Executive Administrator and Sport Science Specialist. This professional staff provide consultation and support services to each of the independent member clubs.

Nakiska Alpine and its member clubs collectively represent one of the largest and strongest alpine ski racing development organizations in Western Canada.



Carya Elder Friendly Communities presents

Let's Move

Warm up your joints, maintain your strength, work on your balance and increase your physical energy.

A gentle movement class where you do not have to break a sweat, but you might crack a smile.

Starting September 12, weekly on
Thursdays from 9:30 am to 10:30 am
Montgomery Community Association

For more information on this and other free programs,
connect with Kate
403-681-6193 kateh@caryacalgary.ca

CARYA

CARYA 
MONTGOMERY
COMMUNITY ASSOCIATION

Baby Playtime

A place for parents with little ones 0-18 months to come together and connect. Soft blocks, baby walkers, toys and refreshments provided.



EVERY TUESDAY 10:30 - 11:30 AM
SEPTEMBER 24-DECEMBER 10

MCA - MONTGOMERY COMMUNITY ASSOCIATION
5003 16 AVE NW

NO REGISTRATION REQUIRED! FOR MORE INFORMATION
CONTACT: FIG@CARYACALGARY.CA

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 
YOUR PET'S *Natural* GROCER

Pet Planet University District
4121 University Ave NW
Tel: 587.620.3080

How We Filter Our Thoughts

We learn as we grow up to filter our thoughts. Once we become adults, we get so good at filtering that it becomes second nature. Unfortunately, this filtering prevents a lot of our amazing ideas from ever materializing.

Try this experiment, inspired by Zach Beattie. Imagine a box on your lap. It can be any size, shape, or colour. Visualize this box in your mind. Notice the detail of it. Does it have a lid? Handles? Notice these things and add them to your visualization. Now, in a split second, without dwelling on the thought, imagine something inside that box. It could be anything at all.

Now think back and evaluate the thought process that you followed to decide on the thing in the box. Think about the rapid steps your mind went through to determine what was going to be in your box. Did you have more than one thought? Did you think 'waffle' and then instantly switch it to a bagel? Did you think 'puppy', and then rapidly reconsider and switch it to something more dangerous like a dragon, or something inanimate? Was it something inappropriate and then you switched it to something more appropriate?

Remarkably, even when you know you're not going to share what's in the box, you still filter your ideas. If you can catch yourself doing that, it can be a very important awareness lesson toward the goal of accepting your own internal creative offers.

Now imagine that we ran the same experiment, but we were in a group, and instead I asked you to pick a partner, then imagine the box, imagine what's inside, and then tell your partner what's in the box. The likelihood that you would switch from your first impulse will be even higher. Improvisors become very aware of this self-filtering and unlearn it as best they can. They learn that every idea that comes to mind is a gift to be shared.

Karl Plesz

Your Productivity Guru



They Call It #1 For A Reason!

If you live in Montgomery, Calgary Transit is on your side! You want to go to Bowness Park - bus #1. You want to go to East Village - bus #1. You're going to attend a live event at the Jack Singer Concert Hall - bus #1. If your visiting friends in Penbrooke Meadows - bus #1.

It is one of the longest bus routes in the Calgary Transit system (if not the longest).

When I moved to Calgary four years ago, I quickly realized that public transit was the way to go. Yes, I still had my Nova Scotia driver's license. But after traveling around the city with my son, I quickly realized that I was not prepared to be part of the craziness of driving in the third most populated city in Canada. So, I scoped out the bus and CTrain service. And I was impressed!

Let's talk time and money. And let's use a concert at the Jack Singer Concert Hall as an example. Only \$7.40 for the return trip. Uber is approximately \$20 each way. Do the math! The bus is the way to go. Sorry Uber! (To be fair, the bus will take up to 40 minutes and an Uber approximately 20 minutes).

If you're a senior - good news! The Seniors Annual Transit Pass is \$154.50 for unlimited travel (24/7) on the buses and the CTrains. So, if take four one-way trips per month, you've already started saving money!

Planning a trip around town? No need to download an app. Just go to the Calgary Transit page on your desktop or mobile. Your first choice on the page is called: Plan a Trip. Input your location and your destination and the web page will give you options. Let someone else worry about the traffic. Enjoy the ride!



Skating

More Aliens have graduated from Skate1A Level 1 and are ready to take on this school year. Congrats Kurtis, Jake, and Vincent!



YOUR CITY OF CALGARY

Tips For Using Your Green Cart This Fall

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.



BRAIN GAMES SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | 8 | | | | | |
| | | 2 | | | | 5 | 3 | |
| | | | | | | | 6 | 4 |
| | | 3 | | | 5 | | | |
| | | | 1 | 6 | 4 | | | |
| 8 | 1 | | | | | | 7 | |
| 5 | | | | 7 | | | 4 | 2 |
| 6 | | 8 | | | 2 | | | 3 |
| | 4 | | | | | 8 | | |

SCAN THE QR CODE FOR THE SOLUTION





UNIVERSITY OF CALGARY

Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:
403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)

FOURTH FRIDAY PUB NIGHT

Fourth Friday Pub Night returns Friday, October 25, 7:00 pm with Pumpkin Jam!



Moms! Dads! Babysitters!

Our little playground is hidden from 16 Avenue, so we want to point it out to you. It's just across the street from Timmies. Lots of climbing stuff. Slides and fun! That's not asphalt, that's rubber. Easy on the feet and safer for the kids!



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

Phone Inquiries: 403.689.1428

Email inquiries: engagement@mcapeople.com





4-H in the City - It's Not Just for Farm Kids!

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of the Calgary Foundation, we are thrilled to extend this pilot program for another year.



While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youth-led activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at introclubs@4hab.com.



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 or visit our website at www.mcapeople.com.

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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. 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, 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 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, 403-714-0711.



 **the Gutter Doctor** **403-714-0711**
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!


RAVISHING
SPA & STUDIO

825-540-1303
RAVISHINGSPA.COM
118 BOWNESS CENTER
CALGARY

OUR SERVICES:

- Massage Therapy
- Laser Hair Removal
- Laser Treatments
- Facials & Skin Treatments
- Hand & Foot Care
- Body Wraps
- Waxing/Threading
- Make-up (Bridal/Non-Bridal)

Book Your Christmas Gift Cards Now!


OUR TEAM

MENTION THIS AD TO
GET A 10% DISCOUNT!
(EXCLUDING MASSAGE)

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



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING