

SEPTEMBER 2024

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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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 – IT/Systems	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!

Pending Stage 4 Water Restrictions

On Monday, August 12, MCA President Harminder Dhillon spoke on CBC's Calgary Eyeopener. He addressed the impact ongoing repairs and water restrictions have had on our community.

Listen to it here: <https://www.cbc.ca/listen/live-radio/1-5-calgary-eyeopener/clip/16087202-calgary-eyeopener-podcast-monday-august-12>.

Alternately, you can go to Calgary Eyeopener and click on the link for Monday, August 12, 2024. The interview clip starts at 9 minutes 15 seconds.

Critical Watermain Update: Stage 4 Water Restrictions Begin August 26

by the City of Calgary's Ward 7 Office

Councillor Wong wanted to ensure to provide accessible updates on the Critical Watermain work as information unfolds. Our office has been in communications with local BIA's, businesses, and City Administration to navigate this work as it goes forward.

The City has announced that, based on new information, additional urgent repairs are needed to the Bears paw South Feeder Main. This conclusion is based on recent results from our PipeDiver device, combined with previous testing and ongoing acoustic monitoring.

While this is not an emergency situation like we experienced in June, the new data has uncovered additional points in the pipe where urgent repair work is needed by the end of September.

To facilitate these urgent repairs, the City needs to shut down the South Bears paw Feeder Main and stop the flow of water through it between August 26 and the end of September.

During this time of construction starting August 26, we will return to Stage 4 Outdoor Water Restrictions and the City will be asking Calgarians and businesses to limit their non-essential indoor water use to reduce the strain on our rivers and water treatment plants while work is underway.

Residents will be asked to take three specific actions: taking three-minute showers, skipping flushes where possible, and only running full loads of laundry and dishes. Businesses will be asked to aim to reduce indoor water use by 25 percent. No businesses will be asked to close unless absolutely necessary. The City of Calgary will also be reducing its non-essential water use.

The majority of this work will take place along a section of 33 Avenue NW. There will also likely be a repair required on Parkdale Boulevard, and we may also perform some additional repairs on 16 Avenue NW. The precise locations and extent of these repairs will be communicated in the coming weeks as we learn more information, our office will circulate this information when it becomes available. Councillor Wong and City administration will communicate directly with impacted residents and businesses in the area as construction plans evolve.



For now, we remain in Stage 1 Outdoor Water Restrictions until work begins the week of August 26. The City will have teams working 24 hours a day, seven days a week to restore water service to Calgarians as safely and quickly as possible.

Please watch out for our newsletters for regular updates as this situation develops. For additional regularly updated information, visit calgary.ca/restrictions.





HAPPY BIRTHDAY!

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 Montgomerians!

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.

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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.

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.



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!



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Meet Our People – The MCA Staff



Yvette Norgren is our new bookkeeper! She has been an Accounting Assistant with the Vecova Centre for Disabilities for 15+ years, and a Treasurer for various not-for-profits. She has volunteered with numerous MCA events the last couple of years, you have

probably met her working our greeting tables and selling Memberships. She also volunteers with the Calgary Folk Club, Vecova, Calgary Marathon, and she is a Scout Leader. A caring warrior queen, a mom of three, her passions are hiking, supporting live music, travel, vino tasting, and the MCA!



Michael (Spike) Richards is our new GM! A multi decade background in fibre optics, before he led the install desk at our local lumberyard for a few years, he may have helped you with your deck or garage. Supporting our local and live music community, mezcza sipping in Oaxaca,

and grilling for friends in any country are his passions. He brings his contacts, management experience, love of music, and ability to create some rather fun events to our centre. He is so happy to see our programming for both littles and elders explode this summer and is having a lot of fun working with MCA's partners, clients, and members. Please do reach out to Spike at manager@mcapeople.com if you have any questions or are looking for a centre rental for your next gathering!



David Hoskyn is MCA's Building and Maintenance Manager. David started in 2012 as Assistant to the Administrator under then GM - Janine McAuliffe. David is responsible for general building maintenance and upkeep, grounds maintenance, and is the assembly editor for the *Montgomery Messenger*. He currently shares office

administrative duties with Spike Richards. David's 35+ years of experience in audiovisual production allows MCA to offer in-house sound, lighting and video services to its clients.

"Having been engaged with the community and the centre for over twelve years, it's been exciting to watch Montgomery grow and respond to the changing needs of its residents and members. The Community Association has and continues to draw on energetic and enthusiastic people to drive its programmes and initiatives." - David Hoskyn, August 2024.

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. We will connect and confirm before we publish.

MCA
MONTGOMERY
COMMUNITY ASSOCIATION

PICKLEBALL

AT MCA

- 9:30 AM - 12:30 PM •
- MONDAY •
- WEDNESDAY •
- FRIDAY •

\$7.00 DROP-IN
OR
MONTHLY PUNCHCARD
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Good vibes,
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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.

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swishoralcare.ca

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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
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Fast and
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Experience
the Extras at
No Extra Cost



The key to great
care? It all starts
with our people.

Book an appointment with
our dream team at Swish
Bridgeland.

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.

See the *Swish* Experience:

We're beyond excited to be part of the University District community. Ahead of our opening this fall, you can find the Swish team at these fun community events.

U/D Night Market: Wednesday, August 28 from 5:00 – 9:00 PM

Play a game of cornhole at the Swish booth and enter to win prizes from us and our U/D neighbours.

U/D Block Party: Sunday, September 15 from 1:00 – 4:00 PM

Stop by the Swish U/D patio for even more giveaways and shoot your shot with a round of 1-on-1 basketball.

Ronald McDonald Hustle for the House: Sunday, September 29 at 9:30 AM

Swish is proud to sponsor this year's Ronald McDonald Hustle for the House! You can find the Swish Bar Refreshment Station along the race route, where we'll be handing out complimentary waters and Swish gift bags for all participants.

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.



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



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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



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

DR. THULANI GUMEDE BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

Call: 587-392-9670 Visit: bowglenmedicalcentre.com

MCA Social Seniors Club



SOCIAL SENIORS CLUB POTLUCK

Saturday, September 28

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.

What's Up at the MCA Centre? ...From the MCA GM

A lot.

Weekly Seniors Let's Move Fitness, Shotokan Karate, Inline Skating, Drop-in Play Group, Farm Trucks, Girl Guides, Drop in Pickle Ball, Rhythmic Gymnastics and indoor kids' soccer to start with.

Monthly Live Music Events and Jams, Seniors Brunches, Big Band Ballroom Dances, Festive Market, Food Week events, and a Mid-December Festival.

Yah, that last one... we sadly had to move our September 14 Montgomery 60th Anniversary Party because of the infrastructure issues around us, but we are skating and dancing and eating birthday cake on Saturday, December 14. Please join us! Family focused and fun!

Our Festive Market is set for December 7. Are you a creator of cool and unique items people would want to purchase and gift to people they like? Get in touch, we are booking tables for artisans like you! We are partnering with a couple of our neighbours this year, too, it will be a good shopping day, me thinks.

MCA is honoured to host the September 20 Friday night Panel Discussion for Food Week. In partnership with our friends across the creek, you are invited to a moderated discussion about food insecurity in Calgary and some of the work that is being done to combat it. A community meal will be served at 6:00 pm, followed by a panel discussion from 7:00 to 8:00 pm and a Q&A with the panellists from 8:00 to 8:30 pm. This panel night is free to attend but registration is required. Visit mybowness.com/events/ to register online or call the BCA, 403-288-8300, to register over the phone.

The MCA centre is excited about our newest weekly Elder friendly program addition. Kate Hunter from CARYA is leading us in a Thursday morning "Let's Move" session, a gentle fitness program starting September 12 (9:30 to 10:30 am), helping us retain our balance and physical energy. Kate is supplying the moves, we are supplying the chairs and coffee, you are expected to share your smiles and stories. If you know folks who may benefit from some social engagement, who are looking to get connected with others in Montgomery and area, please do bring them along.

Our next Social Seniors Club Potluck Brunch is Saturday, September 28. Bring a dish to share, bring a friend to share. We tend to laugh a bunch, sing a little and pretend we can dance.

Tuesday mornings, the MCA centre is alive with the beautiful sounds of children laughing and singing, and their parents breathing and relaxing. Please join Lisa Hurl of CARYA for some no charge drop-in play (0- to 6- years old), meet some new friends, bring a neighbour, and expect to giggle, smile, and sing. Both you and your wee loved one(s) will be looking forward to the next Tuesday morning, we are sure!

We are always looking for something new to do, if you have an idea, reach out! Email Spike Richards at manager@mcapeople.com or call 403-247-3116.

Our local business community took a big hit this year, with the infrastructure issues and subsequent access problems. Please do go out of your way to support them. Go for a walk, stick your head in the door, say hello, there are some wonderful boutiques and special spaces within your Montgomery to explore. Coffee with a friend? Or a very special taphouse? Or both, and a spa day! Do it! Our local automotive and small appliance repair places are second to none. Sporting goods rentals and living assistance items when you come back with a broken something. We have a plethora of local food choices, pub style, take out, and fine dining, there is no need to travel far from home. Best flowers, period. Woofstastic pet places. Oh, and this amazing little centre that has a kitchen, boardroom, huge south field, and 225+ person main hall for you to rent.

Our friends at the Montgomery on the Bow BIA have a list of most of our local businesses here: www.montgomerybia.com/new-business-directory.

Working From Home?

Are you working from a home office? Need a bigger room once in a while for team meetings? We have a great Boardroom at the MCA Centre we can set up different ways for you, full AV for your needs. Reach out and we can help make your presentation sparkle! manager@mcapeople.com.

2025 Rentals!

We have had a rather remarkable summer, booking the centre's kitchen, boardroom, field and main hall. Weddings, Birthdays, Live Music Events, AGMs, Corporate Meetings, Retirements, and Celebrations of Life. An endless list of

cultures and nationalities are coming together in your MCA centre. If you are planning an event for next year, talk to us soon, as we are filling in the dates on the 2025 calendar quickly! manager@mcapeople.com.

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 

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.



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

MCA - MONTGOMERY COMMUNITY ASSOCIATION
5003 16 AVE NW

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



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

MCA Hosted Events. Join Us!

MCA Social Seniors Club Potluck and Live Music

Sunday, September 28, 11:00 am to 3:00 pm

Volunteers needed please email
volunteer@mcapeople.com.

Montgomery's 60th Anniversary Celebration

Saturday, December 14

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.

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MCA
MONTGOMERY
COMMUNITY ASSOCIATION

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

FOURTH FRIDAY PUB NIGHT

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



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)

 Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

All proceeds will benefit
Calgarians in need



For More Information:
samaritanclub.ca

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

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Wine Kitz

Montgomery Garden

Garden greetings to you and yours.

It's been a while since we've had an update from our bountiful and beautiful garden in Montgomery. If you're unfamiliar with our location, we're just at the top of 48 Street. August and September have been fabulous months although water restrictions in place in the city now still pose unique challenges.

This said, we're continually harvesting and thankful for the bountiful growth of our various crops. We have potatoes coming in nicely and due shortly, we've been constantly supplied with carrots, beets, tomatoes, peas, several varieties of onions, herbs and, after planting in August, have a nice quick turn around with our radishes (a few varieties), lettuce, and spinach. It sure makes for delicious cooking when you can't get any fresher! Our various other fruits and vegetables keep us busy but reward us with delightful flavours and a connection to nature. The garden may just be everyone's envy.

We are very thankful to and for our members and the membership we have created and maintain with all volunteering hours (some as many as ten hours a week!). Gardening is a fantastic hobby for many and a natural instinct as we all need food, the fresher the better. We're also thankful to the city for providing some extra trees in the garden vicinity and they seem to have taken nicely to their new home. If you have time for a morning or evening stroll, come have a look and marvel at the radiance our garden offers.

As we approach the chillier weather, of course the growth will be slowing. We gather more frequently nearer the end of the season as well to clean the patches, tilling the soil in preparation for a Thanksgiving not so far away, and to allow the garden to replenish over the coming months. If you see members in the garden, feel free to stop in and get some great ideas on (all things) growing, that next fabulous recipe or simply to inquire how we do such a magnificent job.

May all be plentiful and fruitful – all the best,

Montgomery Garden



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.

BUSINESS CLASSIFIEDS

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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.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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