

JANUARY 2025

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# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

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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)

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### Executive

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

### Staff

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

### Directors

Directors	Jay Bedford Gaetono (Gaets) Contrino Shane Coor 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 pol5637@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

## Go APE at MCA!

(Activities, Programming, and Events)

### MCA Social Seniors Club

(Potluck brunches, 11:00 am to 3:00 pm, Saturdays)

- January 25 is Robbie Burns Day
- March 1 is Carnival!
- March 29 is Earth Day
- April 26 is a Skate Party
- May 24 is all about Turtles
- June 28 is a Tiki Karaoke
- July 28 is World Elderly Day

### Meet Your MCA Board of Directors

- January 21 regular Board Meeting
- February 18 regular Board Meeting
- February 28 Annual General Meeting
- March 18 regular Board Meeting

### Recurring Programs and Events

**Pickleball Drop-In:** Every Monday, Wednesday, Friday at 9:30 am to 12:30 pm.

**Parent-Child Mother Goose:** Ages 0 to 18 months. Resumes every Tuesday starting January 14, 9:30 am.

**Drop-In Playgroup:** Ages 0 to 18 months. Resumes every Tuesday starting January 14, 10:30 am.

**Karate:** Every Monday and Thursday at 6:30 pm.

**Rhythmic Gymnastics:** Ages 3 to 15. Resumes every Monday, Tuesday, Thursday starting January 6.

**Learn to In-Line Skate:** Two classes ages 6 to 8 and 9 to 12. Every Wednesday starting January 8.

A full slate of AHS Healthy Living drop-in seminars, check our website and social media!





# MONTGOMERY SENIORS POTLUCK BRUNCH

(for ages 60+ with MCA membership)



When: Saturday, January 25 11:00AM to 3:00 PM

Robbie Burns Day!



Where: Montgomery Community Centre

5003 – 16<sup>th</sup> Avenue NW

Contact: (403) 247 – 3116



manager@mcapeople.com



## 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)



# Manager's Meanderings

by Michael "Spike" Richards

It's January. This is the time people like us knock on your door and say, "Become a member! Pay your membership and join the Montgomery Community Association!". Well, there you go, we just did. Pressure, pressure. Not.

But there are some perks when you choose to become a part of the regrowth of the Association at the heart of this amazing 4,000 person, sixty-year-old community named Montgomery.

Of direct financial gain to you is 10% off at thirty plus businesses in the area. Show your MCA card, bam. In 2025, the resident and business associations will be working together tighter, for all our gain. Shop local, Montgomery!

We have just come out of a busy "MCA Hosted Event" month. Festive Market, 60th Birthday, various seminars, Santa Jam... and we would like to continue the trend. Our membership is asking us to present events they want to enjoy with their families and friends. Be a part of that interaction, spend some free time close to your home.

Plus 60? The MCA Social Seniors Club is moving beyond monthly potluck brunches this year. Your membership contributes to the growth of programming, like the weekly "Let's Go!" sit down stretch and breathe series.

Our membership contributes to the client list of our world class anchor tenants, whether rhythmic gymnastics coaches, soccer tutors for both tykes and teens, karate and martial arts mentors, or inline skating gurus. It is nice to have partners of this calibre in the member-based facility down the street from you, eh? We are now working closer with our partners on some of our upcoming community events.

There is no set in stone policy about, "MCA members get a discount at the centre". However, if you are a member, our booking and A/V support teams tend to work with you closer. Yes, truth, we are suckers for helping where we can when the weddings and birthdays of our community neighbours bump into our booking calendar. Connect with us if you need Boardroom space for a meeting, an AHS approved commercial Kitchen, or an acoustically upgraded Main Hall that holds 240 "legal", and dances 150 quite comfortably! If you are an MCA member, it is your centre.

Our Garden is growing. No, like, really growing. And it's growing because of MCA members who get together and make it so. 2024 was brutal to all our garden, and our community space took a hit. Be a part of the 2025 MCA Community Garden. Membership has some green gifts when working with this team!

Want to connect in a disconnected, whirled up world? The best way is start in your own back yard. Yes, in your Community Association. MCA membership is the first step towards becoming MCA volunteer. Which is becoming a very, very fun line item to put on your resume again, no matter your age. Join us as we begin our 61st year as a community filled with active members!

**SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT**

**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



## Nat Geo's Grand Debut!



January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!



**MONTGOMERY COMMUNITY  
ASSOCIATION  
AGM  
ANNUAL GENERAL MEETING  
2025**

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**FRIDAY, FEBRUARY 28, 7:00PM**

We would REALLY like to see YOU! We have gone through some changes in the last year: some stressful, a few tumultuous, and some that simply scream positivity! Our Board of Directors wants to show you how their Volunteer effort and passion for our Community is once again moving Montgomery up the ladder in the eyes of our programming partners, anchor tenants, City departments and the offices of the cooperative we belong to. Please join us as we review the successes and lessons of last year and share what our priorities are for 2025. Come and join MCA as a Volunteer!

**MORE INFO: 403-247-3116 [MANAGER@MCAPEOPLE.COM](mailto:MANAGER@MCAPEOPLE.COM)**

# Pickleball Is Now the Fastest-Growing Sport in North America!

by David Jay Bedford

Pickleball is considered a “paddle ball” sport. It attracts men and women of all ages. The sport involves using a paddle, which is like an oversized table tennis paddle and is used to hit a ball similar to the one used in wiffle ball.



It's like tennis and badminton in many ways. It's played on a rectangular court that is around the same size as a double's badminton court. The court measures 44 feet long and 20 feet wide. And yes, a 'ball' is hit back and forth over a net.

The sport is most often played with two players on each team. But singles play is also popular.

What's required? Shoes and paddles!

Pickleball shoes are the same as tennis court shoes. But newcomers to the game often use traditional running shoes as they decide how deep their involvement in the sport will be. Pickleball paddles vary in price and quality from a \$25 intro level paddle to the professional paddles priced in the hundreds.

Pickleball is a major part of Monday, Wednesday, and Friday mornings at the Montgomery Community Centre.

Terri is a regular. She plays pickleball three times a week at the Montgomery Community Centre. Terri is in her late 60s and says she heard about the sport around ten years ago and helped convince the Centre to buy the nets, stripe the floor, and promote the availability of pickleball to the Montgomery community. She says she plays because it is great for keeping in shape, staying flexible and basically, it's, “Fun!”

Pickleball is featured every Monday, Wednesday, and Friday morning at the Centre from 9:30 am to 12:30 pm. The drop-in fee is \$7. A punch card for 12 sessions is \$60 bringing the individual price down to \$5 per session. Drop by and find out more! Or visit the Canadian Pickleball Association website.

And yes, there is a Professional Pro Tour across North America!

**MCA**  
MONTGOMERY  
COMMUNITY ASSOCIATION

## 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 403-247-3116    \*UP TO 12 SESSIONS A MONTH manager@mcapeople.com

## Children's Cottage Society Donation Box

The Children's Cottage Society uses 23,900 diapers every year! And 71,700 baby wipes annually! If you feel like helping out, they make it easy to drop your needed and appreciated gift off. We have a donation box in the front lobby of the MCA Centre that is taken when it is full. Thank you!



# Swish ORAL CARE

It's officially official.

Swish has arrived in the University District! Now accepting new patients.



Scan me  
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[swishoralcare.ca](http://swishoralcare.ca)

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

# At Swish, great care comes easy.

Swish is a locally owned dental clinic, and we opened this winter 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 us at the brand-new University District location, now open!

Good Vibes +  
Shame-Free  
Treatment

Fast and  
Convenient  
Direct Billing

Experience  
the Extras at  
No Extra Cost

## Swishers say...

- “ I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish.” - *PW*
- “ Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health.” - *LC*
- “ My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?” - *YT*
- “ The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit.”

# The wait is over. Welcome to the Swish Experience.

Swish University District is now open!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

Enjoy a suite of amenities like warm blankets and aromatherapy, treat yourself to local goods from Village Ice Cream or Monogram, and relax in a space so stunning, you might just forget you're at the dentist. The best part? It's all delivered with judgement-free, patient-centred care.

Say goodbye to dental anxiety and say hello to Swish.

Visit [swishoralcare.ca](http://swishoralcare.ca) to reserve your spot.

We can't wait to see you in U/D.

Take care,

*Team Swish*

## The 411 on Swish U/D

### Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

### What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

### Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

### Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

### Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

### I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email [UD@swishoralcare.ca](mailto:UD@swishoralcare.ca).

# Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



## 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.



## 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*

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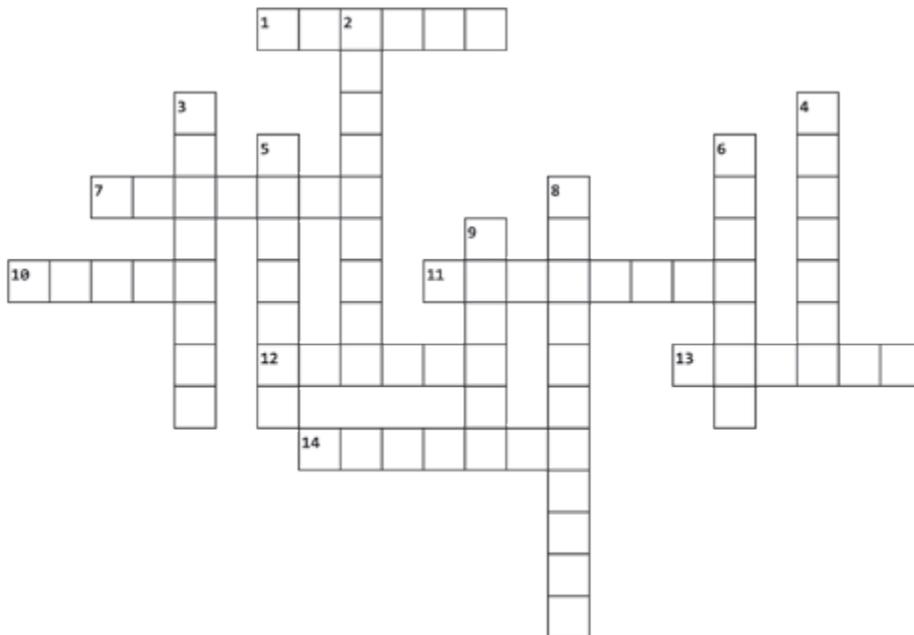
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[@swishoralcare](https://www.instagram.com/swishoralcare)

# January Crossword



## Across

- Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
- World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
- On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
- This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
- This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
- Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
- Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

- Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
- Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
- On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
- British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
- Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
- "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
- The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.



# News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

**CARYA**

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# 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.

**RETURNING JANUARY 9TH @ THE MCA**

- 5003 16 AVE NW
- THURSDAYS
- 9:30 TO 10:30 AM

**CARYA** 

## Family Programs at the MCA!

**Drop-In Programs:**

**Drop-In Baby Playtime**  
A place for parents with little ones 0-18 months to come together and connect. Soft blocks, baby walkers, toys and refreshment provided.  
Tuesdays, 10:30-11:30am  
January 14- March 18

**Registered Programs:**  
Register by emailing [fic@caryacalgary.ca](mailto:fic@caryacalgary.ca)

**Infant Massage & Songs**  
Over 3 weeks, learn massage techniques and how they benefit your baby! For babies from 3 weeks to 6 months.  
Tuesdays, 9:30-10:30am  
Jan 14, Jan 21, Jan 28

**Baby Parent-Child Mother Goose**  
Strengthen the bond between you and your little one and learn songs, rhymes and stories! For babies 0-12 months old.  
Tuesdays, 9:30-10:30am  
Feb 4- March 18

For more information email [fic@caryacalgary.ca](mailto:fic@caryacalgary.ca)

## An AI Primer

I still encounter a lot of folks who haven't given AI a try yet. Some even say things like "It scares me." Allow me to share some of what I've learned.

There is no need to be afraid of AI in its present state. I can't speak for the future. Generative AI is, in a gross simplification, nothing more than a very sophisticated prediction engine, guessing what to say next based on the vast amounts of text it was trained on from books, articles, websites, and more. Although the AI can produce remarkable human-like responses, it doesn't "know" or "understand" in the way humans do. It doesn't form opinions, have intentions, or grasp the meaning of its outputs—it simply follows statistical probabilities to craft incredible answers.

"So, Karl, what's out there and what do you use?" you might ask. There are many AI tools to choose from and I have settled on three for now. When it comes to getting answers about Microsoft products like Excel or SharePoint, I use the Microsoft tool, Copilot, via its web page.

When it comes to pure research, I use Perplexity's website. When you ask Perplexity to research something, like "do a comparison of the features of an iPhone 15 to an iPhone 16 Pro", it uses AI to analyse your prompt, then uses web search to find the answers. It uses its AI again to summarize what it found on various sites while still giving you all the links in case you want to check them out yourself.

For everything else, I use ChatGPT, but I pay for access to the Plus version. For what? The possibilities are endless. I used ChatGPT to help me write certain aspects of this article. I've used it to explain the legalese in my latest will. It has analysed Excel files for me and extracted meaning from the numbers, even producing charts. Explain what the 'a', 'b', and 'c' mean on a water heater dial. Act as my personal chef and suggest recipes based on the ingredients I have on hand. Explain a concept in a way a 10-year-old would understand. Brainstorm some ideas with me. Upload a picture and ask it to identify what's in it. Get an explanation on the differences between an RRSP and a TFSA. Practice a new language. I could go on for hours.

I've also come across people who refuse to try it because they're afraid they won't master it well enough to get anything useful out of it. To those folks I recommend Pi AI. It is much more conversational and very easy and friendly to interact with.

Yes, there are mobile apps for that too. When I'm on the run, it's easy to ask AI for help with just about anything. I teach basic AI use to a variety of audiences and it's the most fun and interesting thing I've ever done in my life. Ironic, since AI is destined to replace me as an explainer of things. I encourage you to try it.

*Karl Plesz*

Your Productivity Guru



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION

## 2025 Room Rentals at The MCA Centre

We are filling our booking calendar very fast for 2025 weekend dates. If you are thinking of renting space with us, please reach out to Spike at [manager@mcapeople.com](mailto:manager@mcapeople.com) right away! Our Main Hall holds 240, we have a Boardroom with full A/V for 25 people, a commercial level AHS approved kitchen, and a rather large south facing back yard. We would love to work with you on your special event day!



## 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](mailto:manager@mcapeople.com), and let's see where the best MCA fit is for you.

Thank you for reaching out to us and helping.



## Wanted: Artists

If you are a local artist from the Montgomery area, we want to showcase your talent. If you have a body of work that deserves to be displayed, call Elizabeth Laishley at 403-247-1428. Elizabeth is organizing monthly exhibits at Fringe Coffee on Bowness Road. These displays are promoted by the Montgomery Community Association and allow our local artists the opportunity to proudly display their work.

## Alberta Blue

*by Garth Paul Ukrainetz, Poet of the Blackmud Creek*

Alberta blue with me and you

Our river wider, current true

Thru towns and cities high and low

5 million hearts together flow



## 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.

## Off-Leash Dog Parks in Montgomery

Calgary has 160 off-leash areas, using 1,145 hectares, 13% of the 8,642 hectares of parkland that Calgary Parks manages and maintains. The woofers that we know are grateful to have some of that space in Montgomery.

Taking the pups for a mid-winter run down by the river at Shouldice Park is a perk of our neighbourhood... but to make it enjoyable for all who utilize the area, there are a few common-sense rules that the City does enforce.

Dogs must always be under their owner's control. In off-leash areas, this means dogs must be able to respond to their owner's voice, sound, or visual commands. This will help protect your dog from unforeseen hazards such as cars, unfriendly dogs or coyotes, and protect other park users from "playful" bites to being knocked over and potentially hurt.

Dog owners must always pick up and properly dispose of their pet's faeces. Dog owners are required to carry a "suitable means" (e.g. plastic bag) for picking up their pet's faeces.

All parking areas are on-leash, including parking lots for designated off-leash areas.

Dogs on pathways must be on a leash no greater than two meters in length. Please stay to the right of the pathway at all times. It is against the Responsible Pet Ownership Bylaw to ride a bike or in-line skate with your dog. This could be unsafe for your pet, yourself, and other pathway users. Dogs may not interfere with, or obstruct, other pathway users.

Dogs considered to be aggressive must be muzzled, and harnessed or leashed. The leash should be no greater than one meter in length, and the dog handler should be over 18 years of age.

**Off-Leash Ambassador Program:** If you are interested in volunteering with this program online, <https://www.calgary.ca/volunteer/off-leash-ambassador.html>.

## Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



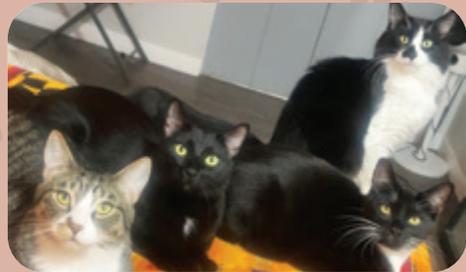
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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



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**Len Webber, MP**  
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 Calgary, AB T2M 3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

### Remembering Zhou

Video games have become a popular pastime for many Canadians, offering entertainment and a sense of community. However, as with any activity, moderation is key.

A teenager in our community passed away in October in a suspected case of extreme exhaustion brought on by excessive and prolonged gaming. His name was Zhou, and he was a high-achieving student with a secret problem.

Video game fatigue occurs when individuals spend excessive amounts of time playing video games, leading to physical and mental exhaustion. This phenomenon is particularly concerning among our youth, who are more susceptible to its effects. The symptoms of video game fatigue can range from eye strain and headaches to more severe issues such as sleep disturbances and decreased academic performance.

Video game fatigue has a big impact on physical health. Prolonged gaming sessions often result in poor posture, leading to musculoskeletal problems. Additionally, the sedentary nature of gaming can contribute to obesity and related health issues. It is crucial for gamers to take regular breaks, engage in physical activities, and maintain a balanced lifestyle.

Mental health is another area of concern. Excessive gaming can lead to increased stress, anxiety, and even depression.

If you are having difficulty disconnecting, visit the [www.gamequitters.com](http://www.gamequitters.com) website for tips and help. Ignoring the problem won't make it go away.

Parents and guardians play a vital role in mitigating the risks by setting limits on screen time, encouraging outdoor activities, and fostering open communication about the potential dangers of excessive gaming. Schools and community organizations can also contribute by promoting awareness and providing resources to support healthy gaming habits.

Let's remember Zhou and help raise awareness about this growing health problem. Gaming can be a fun activity, but it is important that it is just part of a healthy life, not a way of life.

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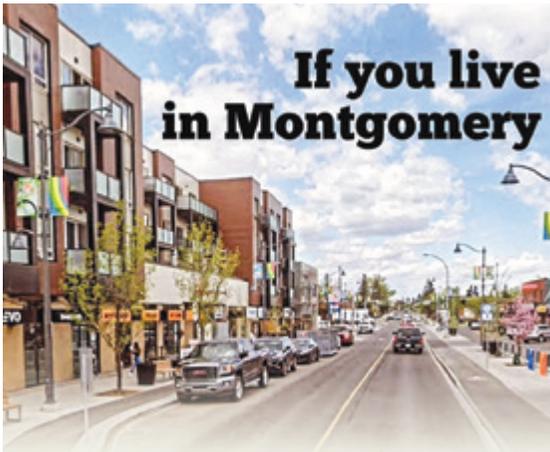
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# Happy New Year!

## Clients, Neighbours, and Friends

Once again, a new year is in front of us bringing on new beginnings as we look forward to 2025!

This time of year also offers us the opportunity to say "Thank You" to all our valued clients, neighbours, friends, and family, whose friendships and pleasant business relations we enjoy throughout the year.

Your loyalty and support are always truly appreciated and mark my successes beyond measure to remain a Top Selling Real Estate Agent in Bowness and Montgomery for 34 consecutive years\* and as a Top 6 Selling REALTOR® at RE/MAX Real Estate (Central), the #1 RE/MAX Office Worldwide.\*\*

I am always here to assist you and your family and welcome all new clients and referrals.

*Wishing you a healthy and prosperous year ahead  
and peace and goodwill to all!*

*Ken Richter*



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