

AUGUST 2026

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

MCA
MONTGOMERY
COMMUNITY ASSOCIATION

MCA NEIGHBOUR DAY
BEVERAGES
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥





On The Cover

Left to right: Terri McMullen, Calgary Mayor Jeromy Farkas, George McMullen.

Editor's note: Terri and George McMullen have been involved with the MCA for over 30 years and have contributed thousands of volunteer hours to every part of the operation: George as a board member and former treasurer. Terri as an organizer of programs like pickleball and as a regular supporter of Seniors' programs. They are good people who deserve the quiet praise they receive from the association and members of the greater Montgomery area!

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General Manager	Michael "Spike" Richards
Building and Maintenance	David Hoskyn
Accounting	Yvette Foster-Norgren

Elected Representatives

City Councillor Ward 7	Myke Atkinson 403-312-5913
MLA Calgary Bow	Demitrios Nicolaides 403-216-5400
MP	Corey Hogan 403-410-2121

Stay Connected with the MCA

General Email Inquiries	manager@mcapeople.com
Newsletter Submissions	messenger5003@gmail.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

COMING UP

August 11: Solar 101 For Homes

August 15: Great Big Family Picnic!

August 17: Alien Inline Skate Camp

August 22: Seniors Brunch

August 22: Klub Sober Dance

August 26: Learn Spanish

September 10: Thrive At Every Size

September 12: Used Ski Equipment Sale

September 18: Community Food Series

All the details are available by following the event link on our website at mcapeople.com or by using the QR Code below.



SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



THE FIRST EMPEROR

The month of August is named for Augustus (Octavian) Caesar – the first Emperor of Rome and adopted son of Julius Caesar!





The MCA Great Big Family Picnic

Saturday August 15, 12:00 to 7:00 pm

Free Admission

- Live music on the ATCO Stage
- Kidz PlayZone with games
- Bouncy castle, slide, face painting, balloon characters
- Booths featuring local businesses
- Food by the Bowness Lions Club,
- Hourly door prize draws
- Bring your lawn chairs for the adults
- And blankets for the kids!

Bring your family, friends and neighbours!

Sponsored by Servus Credit Union and by Ward 7 Councillor, Myke Atkinson.





Manager's Meanderings

I have been in the Facility Manager's chair for two years as I write this. I had been on the MCA Board, some changes were happening, and the President thought I'd be a good fit. I had never done anything like this, but my inner masochist said, "sure, let's!"

We struggled. We were only a few years out of COVID and the incredible changes that came to our "socializing in a big room" patterns. Yes, we struggled, but we fought for our share of the returning facility rental market.

I have met some amazing people, and I now get to talk proudly about our annual returning clients. For me, I think that is the key word... returning. There are reasons people who work with us want to return to us. We try our best to make sure the interaction between the staff at the MCA Centre and our clients is professional, casual, and darn fun!

I work part-time, with three other part-time people. Our number cruncher Yvette, and our custodian D'Arcy came on board about the same time that I did. David, our esteemed Building Ops and AV specialist, was here at the MCA Centre before fire was invented by Keith Richards.

The big room, our Main Hall, dresses up pretty when it needs to. Wedding planners like the simplicity. Faith groups of various beliefs see it as the right size for their flock gatherings. Business and not-for-profit organizations find it perfect for AGM meetings. We have hosted an endless list of multicultural celebrations in the last 24 months. We have a Boardroom with a projector and screen for your smaller group gatherings and workshops. Our AHS kitchen is available for standalone rental or with our Main Hall. And we are working hard to bring our big backyard back to music festival level. Literally, "level." Lol.

If you are looking for a space for your special event, please do reach out to me at manager@mcapeople.com.

Spike

Save 10 Percent!

Present your Montgomery Community Association membership card and get a 10% discount at these local businesses!



- Bark Station
- Piercing Lab
- Bao Bao Pottery
- Palio's Bar
- Bow Cycle
- Calmedi Medical Supplies
- Bowness Auto Parts
- Deng's Dumplings
- Brewsmith Brewing Co.
- Bean & Cream
- Stem Suport
- Grasby Art Studio
- Tian He Spa
- Canine Cuts
- Razor's Edge
- Liberty Tax
- Now Nails And Spa
- Pharmasave Montgomery
- Insight Acupuncture and Massage
- Fishman's Personal Care Cleaners
- Bubble Tea Brewers
- Club House Family Restaurant
- Golden West Restaurant
- Pazzar's Pub
- Five Spice Kitchen
- Abbey's Creations
- Hi Ball Restaurant
- Fringe Coffee
- Century Derma Lounge
- Montgomery Village Veterinary Clinic
- Gas Tech Heating and Fireplace
- Good Samaritan Thrift Store
- Allan's Flowers
- Alberta Vacuum Experts
- NOtable – The Steakhouse
- Bowness Arts
- Outlash Beauty Boutique
- The UPS Store in Bowness
- Montgomery Wellness Centre

Some limits apply. Details available on our website at mcapeople.com.



Summer Harvests and Growing Your Own Garden

By the middle of August, the community garden is full of life. The tiny seeds planted in spring have turned into baskets of tomatoes, beans, peas, carrots, beets, lettuce, zucchini, herbs, and colourful flowers. It's one of the most rewarding times of the year and a reminder that a little patience, sunshine, rain, and lots of weeding can produce an incredible harvest.

One of the best things about growing your own food is being able to pick it fresh and enjoy it the very same day. Freshly harvested vegetables are packed with flavour, and because they haven't spent days travelling to grocery stores, they often retain more of the vitamins and nutrients that naturally begin to decline after harvest. There really is something special about stepping outside with a basket, picking dinner, and bumping into some neighbours along the way.

Carrots are a great example of making the most of your harvest. While many people toss the leafy tops into the compost, carrot greens have been used in cooking for generations. They have a fresh, slightly peppery flavour and are full of vitamins A, C, and K. A simple way to use them is to make a quick pesto. Blend one cup of carrot tops with one clove of garlic, ¼ cup olive oil, ¼ cup Parmesan cheese, a handful of sunflower seeds or walnuts, and a squeeze of lemon juice. It's delicious tossed with pasta, spread on sandwiches, or served alongside grilled vegetables. Otherwise, wash, chop, and freeze the carrot tops and simply add to meatballs, stews, or soups.

If you've ever thought about growing your own food, don't worry if you don't have a large yard. A few containers on a balcony, patio, or sunny windowsill can grow plenty of fresh herbs and vegetables. Basil, parsley, chives, mint, lettuce, spinach, cherry tomatoes, and green onions are all easy choices for beginners. Every garden starts with a single seed, and no space is too small to grow something. Hopefully this year's harvest inspires even more neighbours to give backyard gardening a try next season. Don't forget about our seedbox open to anyone in the community. Located in front of the garden, it's a great way to start watching something grow.

Diana



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.



Rules are for fools. Format is where it's at... I'm joking of course, but one of the most leveraged features in Outlook's mail app is using rules to perform an action on an incoming email message. Rules typically move said message to another specific folder according to the rule's parameters. The biggest problem with rules that move messages is that if you're not paying attention to the destination folder, you might end up ignoring the message – possibly forever. This is really a thing.

Sometimes the solution isn't to move the message, but to make it stand out from the crowd. For example, if you get a lot of messages every day and you need to be able to hone in on the ones addressed to you instead of to email groups you belong to, or if you need the messages coming from specific people to stand out, you could automatically format those messages pink or red or in a bigger, bolder font.

You won't find such a feature in Outlook's rules. This is a change to the 'view' of the inbox folder, and what you're going to apply to it is called conditional formatting. Head over to the view tab in Outlook Mail, then 'view settings.' One of the option buttons is conditional formatting. Click that. Well look at that! You already have conditional formatting in play out of the box; you just didn't realize it. The reason all your unread messages are in bold formatting is because there's a conditional formatting rule that does just that.

To create your own masterpiece, click add, give the rule a name that makes sense, click font to choose how the result of the rule will change the look of the message in the list, click ok, and then click condition to choose what triggers the rule to change the message appearance. You might choose to trigger on a word, or who it's sent to, or who it's from. There's a lot to choose from. This is by far the one Outlook feature that gives my students that "aha!" look of discovery.

Karl Plesz



Neighbour Day 2026. Ward 7 Councillor Myke Atkinson (left) with Montgomery Community Association President Shane Corriveau (right). Neighbour Day was a city-wide initiative sponsored by the City of Calgary through a community grant program!



People dancing. The band playing. The MCA Centre main hall set up for a social occasion. We have an outstanding in house sound system!



The MCA Community Garden. We're halfway through the growing season and looking forward to reaping the benefits of fresh locally grown vegetables and more!



News from the Friends of Nose Hill

by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.



August is here, and we're gearing up for a very interesting fall 2026. Our building is receiving new furnaces. We're not only going to be more energy efficient as we head into the fall but we're going to be toasty warm. In addition, we've had a fire and alarm systems upgrade to ensure we all stay safe in the years ahead.

As for programming and events, did you know we host a senior's potluck every month? It usually falls on the third or fourth Saturday of the month. The dates are on our events calendar available through the MCA website. If you want to plug into the community more, and get to know our wise seniors, then join us, bring a dish you're fond of, connect with us, and get a fill at the same time. They are always excellent with some great smiles and memories made. There is usually music or a guest speaker following the food.

We have a host of anchor tenants returning in September. They offer everything from Karate to inline skating, kids' soccer, and dance lessons. We have pickleball three times a week and hopefully some art workshops coming soon.

Did you know that we're affiliated with Alberta Health Services? From time to time, we have seminars and workshops that can focus on a diverse range of health items – food, emergency skills, and awareness on the issues that affect us all every day.

We have a huge hall accommodating up to 300 seated people and an AHS approved kitchen that can service all of that! For many, as with our Great Big Family Picnic, our 'great big backyard' is ideal for large outdoor activities.

If you have an idea or know of someone who wants to start a niche or mainstream activity here in our facility, come on down and let's chat to see what we can set up. Enjoy the rest of the summer while it's here.

Share Corriveau



Celebrating 50 Years!

The Montgomery Community Preschool was founded in 1976 as a non-for-profit, parent-run, volunteer cooperative. It has been housed in a number of locations over that time but is now based in the Montgomery Community Centre. The parent-run, cooperative preschool is stewarded by parent Board members who ensure the preschool operates in accordance with the laws of Alberta and steward the preschool to be focused on children, family, and community.

We are excited to welcome students to our play-based learning environment that prepares children for successful future school experiences and develops a love of learning that builds confidence in their interactions with others. Certified, experienced teachers create an inclusive, caring environment through reading, singing, crafts, circle time, physical education, and free play – both within the classroom and outdoors.

Programs for students aged 3 and 4 are led by two accredited early childhood educators who devote individual attention to the development of each child's intellectual abilities, and to enhancing emotional growth.

Government funding is provided through the Federal-Provincial Child Care Agreement, which augments the cost of the monthly tuition which is based on the number of days per week each child attends. Additional details on costs are available on the website at: calgarypreschool.com. Registration for the upcoming 2026-27 school year is open!

Classes are in session from 9:00 am to 12:00 pm Monday to Friday, with some flexibility for families to enrol in a schedule that meets the needs of their family. Orientation this year begins September 1 for the Tuesday/Thursday classes, or September 2 for the Monday/Wednesday/Friday classes, with regular classes starting on September 3, and running until June 2027.

We look forward to welcoming students and parents!

Montgomery Community Centre. Corner 16 Ave NW and Home Road. Across Home Road from Tim Hortons.

Contact us at registrar@calgarypreschool.com or 403-286-7770.



**Use our QR Code
for registration!**

BIG HISTORY, LITTLE ARMS

Want to know something cool? SUE the T. Rex is the most well-preserved *Tyrannosaurus rex* ever found, and she is currently right here in Calgary. Spanning over 5,000 square feet, this fossil is 90% intact. Pretty good for something over six million years old.





Reflections

Montgomery is like no other neighbourhood in the city. Consider the following: no Calgary community has the population-to-green-space ratio that we do. By my count there are no fewer than seven named parks and three unnamed parks, that's ten parks in total. Plus, there is a riverside picnic area, a playground at 48 Street and Montalban, the Montgomery Pump Track, and the Terrace Road School playground. In total there are seven different playgrounds, offering diverse options to our children – from young to old kids, plus a specialized playground for those with mobility and other challenges (one of only ten sponsored inclusive playgrounds in Canada). Have you got some exploring to do?

The big ones are Montalban Park, which is a huge, grassy, off-leash area on the escarpment. It features a paved pathway linking Montgomery residents above the park with the rest of the community and our downtown. This is an ace area to fly a kite, for winter tobogganing, and to enjoy the golden glow from autumn leaves. Shouldice Park is enormous, with sports infrastructure galore. Did you know it has a batting range, a boxing club, an arena, two playgrounds, eight baseball diamonds, the Shouldice Aquatic Centre, soccer fields, football fields, and tennis/pickleball courts? The Montgomery Community Centre is here, with its acre “backyard” for community picnics. Small George Gell Park has a playground. Bordering Montgomery, hence part of our catchment, is Edworthy Park, with great infrastructural offerings for fun, including a bridge and a beach. On the other end of Montgomery is Bowmont Park, a protected natural area with paths for enjoying nature. It is educational, with a storm water pond, wetlands, and wildlife habitat. Dale Hodges Park, a recovered gravel pit, provides habitat for aquatic birds and wildlife, featuring an elaborate system for filtering and

purifying rain runoff. Find the Nautilus Pond, a circular lagoon that allows larger sediment to sink, the first step in the filtering system. The flora and fauna of Bowmont and DH Parks change throughout the year, as does the aspect of the river. This is a gem in our community! The City mentions a park named John Hextall Park. Let me know if you find it. I haven't been able to.

I think it is fascinating that we have three huge and beautiful City green areas that are unnamed! One is behind the houses on Montana Street. It is huge, grassed, treed, and has a nice playground with benches. Another is at the end of McKay Road, beside the school. This park has a baseball diamond, a soccer pitch, and a playground – spacious! Located at the top end is our bike park, the Montgomery Pump Track. If you have a child with a bike of any size or shape, don't miss this neat opportunity! The third unnamed green space is a natural area right on the river. I call it the Bow River Natural Area, on the other side of 13 Avenue from Shouldice Park. Walking and biking paths cross this area – and watch out for doggies! It features our best beach! It is also a launching area for inflatable rafts to rent for floating down the Bow. Underneath the 16 Avenue bridge from here is a serene riverside picnic area. Enjoy witnessing huge weekend gatherings of extended families holding joyous celebratory picnics. I love that!

Although many of these outdoor play areas are not all officially considered part of Montgomery, they are effectively ours. We are closer than any other residential area, ergo, let's consider them ours and use them accordingly! Walk, bike, hoola-hoop, scooter, or take your walker! I look forward to discovering more highlights of Montgomery with you!

Denise Brown

Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.

Senior's Social Potluck Brunch



Bring something to share, and we will do the same. Bring a friend who needs to socialize a bit. And we will make them feel very welcome. It's a monthly affair for those 60 and over!

Mingle at 11:30 am, lunch at 12:00 pm. Music or guest speaker at 1:00 pm.

Planned Dates: August 22, September 19, October 24, November 28.

The Montgomery Community Centre, Corner of 16 Ave NW and Home Road. Across Home Road from Tim Hortons



Returning in September!

Inline Learn to Skate Program

- Ages 6 to 12 plus advanced skaters.
- Presented by Alien Inline.
- Hosted by the MCA.
- Register at 403-262-4404.
- Information at alieninline.com.

Combined Martial Arts

- Presented by Shotokan Karate.
- Hosted by the MCA.
- Register at 403-383-5972.
- Email combined.ma@gmail.com.

Indoor Soccer for Young Kids

- Presented by Little Kickers.
- Hosted by the MCA.
- Register at 587-287-4513.
- Information at littlekickers.ca.



Our tables and chairs! Your decorating prowess! Their special day!

Our main hall has been used for elections, concerts, art sales, and business meetings. But it looks best when dressed up for a wedding reception!

For rental information, choose the facility rentals link on our website at mcapeople.com or contact our facility manager at 403-247-3116.



Romantic Spanish

Explore Spanish through the lyrics of Romantic Latin American songs!

Listen, enjoy, and improve your Spanish poetic love vocabulary.

Wednesday, August 26th
4:00 to 5:30 pm
Bean and Cream
1866 45 St. NW in Montgomery.

Another fun Montgomery Community Association event,
free of charge for Montgomery Community Centre members.
Hosted by Denise Brown.

Drop In Pickleball at the MCA Centre



Monday, Wednesday, and Friday afternoons from 1:00 to 3:00 pm. \$7 drop-in fee. Cash is preferred. Credit cards and debit cards accepted.

We are one court, rotating drop in. Expect to laugh lots. Especially at oneself. This is a fun community group you will be a part of; it grows and shrinks with the seasons and travel plans.

Drop in one afternoon, meet the herd, and stay active with this low impact, incredibly social sport. Mid-level skills, please, these particular sessions are not for first timers.

Summer Gardening Made Easy

by The City of Calgary



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

1. Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
2. Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
3. Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
4. Water plants at the roots – low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

Now that your yard is summer-ready, it's ready for its close-up. Share your YardSmart yard with us for a chance to be featured on calgary.ca. A YardSmart yard can include:

- Drought tolerant, water-wise plants.
- Lawn alternatives.
- Rain barrels or other rain harvesting setups.
- Efficient irrigation systems.
- Native plants.
- Rain gardens.

Simply snap a photo of your YardSmart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.



The Montgomery Community Association is excited to announce our very first online 50/50 fundraiser! Grab your tickets now!

Our Association is working to provide more family and intergenerational programs and events to help foster connections within our wonderful community.

Funds raised by this raffle will support ongoing activities and programs, including our upcoming Great Big Family Picnic.

The winner will be contacted to claim their prize.

Thank you for your support!

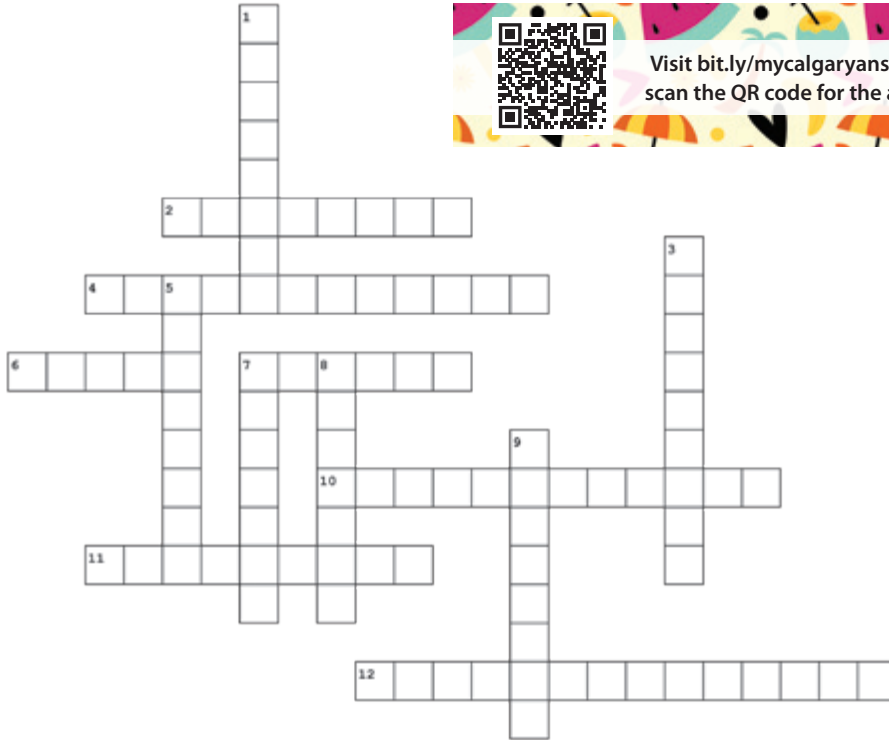
AGLC Raffle License 779523.

Visit rafflebox.ca/raffle/montgomery-community.

August Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day.

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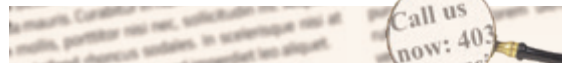
MONTGOMERY MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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

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

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. Since 2012, WCB, CQT, Master Electrician, licensed, insured. Competitive rates for quality electrical work. Panel upgrades from 60amp to 200amp. Car chargers, aluminum rewiring, custom lighting and LED install. Call for estimates. www.cejelectric.com. Clayton Jeffrey. 403-970-5441.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



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If you live in Montgomery, you should follow the Montgomery BIA and the Montgomery Community Association on Instagram and Facebook!

Montgomery is considered to be one of Calgary's most vibrant communities with a population of 4,850 and a business district of 120 retailers and service providers.

From savouring unique flavours at our neighbourhood eateries and finding one-of-a-kind treasures in our charming shops, to supporting the essential services that keep our community thriving, Montgomery offers a rich tapestry of local experiences that connect us all.



Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



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**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

Entry
\$2 Adults
Kids Free



Vintage and Boutique items

Get great deals on household goods, clothing & shoes for all, fashion accessories, vintage & boutique items, collectibles, art, books, toys & much more

Don't forget to bring your tote bag

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**

Cash Only

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- Concession
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