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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER





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SCAN ME

The Calgary Multicultural Choir *presents*

SLEIGH BELLS & STARLIGHT

A WINTER CHORAL CELEBRATION

Join us on Saturday
December 12
At 1:00PM

Artistic Director:
Amanda Massey
Pianist:
Nina Cen

5010 Spruce Drive SW — Woodcliff United Church

Tickets are $20 for adults & seniors, free entry for children & students.
*Tickets available at the door will be cash only.

Purchase tickets through TicketOwl. Link available through our website at: **calgarymulticulturalchoir.ca**

Want to be a part of the music?
Join us for "Try-It-Days" at the start of our next season: January 12th, 19th & 26th and see if the Calgary Multicultural Choir is right for you! Further info, such as location & time is available on our website.

No Previous experience or audition required! Our Artistic Director & Section Leads are here to help you find your place & your voice!

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Deng's DUMPLING

DEALS & BOGO 50% OFF
EVERY DAY FOR THE REST OF 2026!

MONDAY:	12 Vegan Dumplings
TUESDAY:	12 Beef Dumplings
WEDNESDAY:	$5 Wonton Soup
THURSDAY:	12 Pork Dumplings
FRIDAY:	8 Siumai
SATURDAY & SUNDAY:	Family Dinner

Except for the $5 Wonton Soup special on Wednesdays, when you purchase the featured item of the day, you'll receive
50% off a second item!

OUR LOCATIONS
4708 16 Ave NW
1107 17 Ave SW
1000 Centre St N
6208 Rundlehorn Dr NE

The discounted second item must be a cooked food item of equal or lesser value than the first item purchased.

ANITA MORTGAGE

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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anita@anitamortgage.ca

THE MORTGAGE GROUP

MCA DIRECTORY

Executive	
President	Shane Corriveau
Vice President	Jay Bedford
Treasurer	Cam Gardner
Secretary	Holly Clarke
Directors	
Jim Courtney	Brandy Shuttleworth
Ken Adams	Crystal Read
Donna Adams	
Staff	
General Manager	Michael "Spike" Richards
Building and Maintenance	David Hoskyn
Accounting	Yvette Foster-Norgren
Custodian	D'Arcy Willamson
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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	
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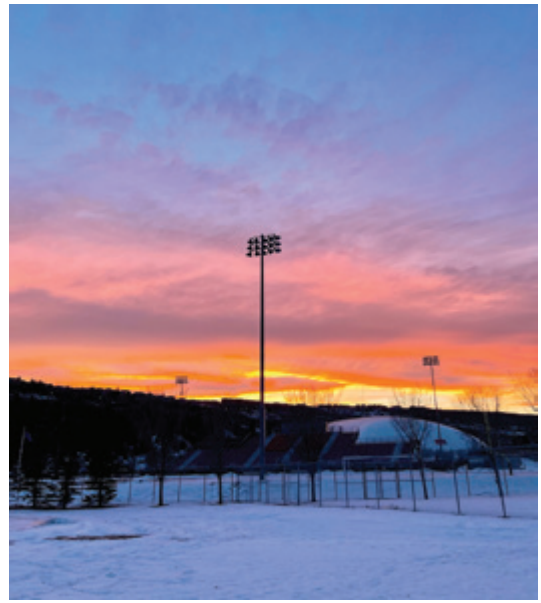
On The Cover



Looking west from the MCA South Field. In the background you can see the Shouldice Seasonal Dome. It is often informally referred to as the Soccer Dome since it's used primarily for that sport.

The City erects the air-supported structure over the existing Encana Field annually from November to May to allow sports to be played year-round. The Shouldice Dome can be used for football, soccer, lacrosse, ultimate frisbee, and more!

The Dome is just one more example of the great sports and recreation facilities available right here in Montgomery on the grounds of Shouldice Park!

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics

9 PM ROUTINE

CALGARY POLICE SERVICE

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



President's Message

Dear Montgomery,

The Montgomery Community Association was founded by volunteers and has been volunteer driven since its inception. True community comes from the giving spirit of Calgarians and I must admit the spirit is huge in our community! That said, we are always looking for volunteers to complement those that do come out in every effort, whether it is attending our events, our programs and making our community hall and facility exceptional. Admittedly, there is always room for a variety of minds, creative thoughts and the strong work ethic that comes from Montgomery.

A few fantastic examples from the last couple years include our new and improved bylaw package which will be voted upon at the AGM in February. This may seem a little bit technical and if you're that type of person that likes details and even legals, your input would be highly appreciated. Stay tuned for our AGM in February 2027!

Holly, our very industrious secretary, skillfully organized our casino in 2025. It was a smashing success! We're due for another casino in June next year and we would love to have you aboard to help there. It's just a few hours and best thing is casinos are fun to do and huge support for our MCA. In fact, they are integral to our success. Quick fact: Alberta Gaming (AGLC) distributes about 68% of the earnings from casinos to support nonprofits and charitable organizations. The MCA truly appreciates their backing. Thank you, Holly!

Building maintenance. We are sure proud of the hall, boardroom, field, and kitchen we have at our facility. Our super Board member, Ken, has single handedly taken on painting the boardroom. It looks fantastic! But, as we all know, maintenance is an always pressing issue. It requires volunteers! Simple facelifts like this make the MCA one of the best in the city for sure.

What we're looking for currently, and in the future, is more work on planning, and Jim is the most fantastic, diligent planner we have. You could help complement his skills and help plan our future. This is *your* strength, isn't it?! Come on out!

Finally, our highly valued volunteers on the Board. We have a variety of strengths—even, admittedly, some weaknesses of course. We're always looking for others to help contribute and build with us—our Board rocks! It's only two hours a month and you could put it on your resume. See my article later in the *Montgomery Messenger*.

I can't stress enough how our volunteers have really changed and shaped our community. It's so much for the better and we know that it's within all Montgomerians to contribute their time, energy, and know-how. So, join us in any capacity that you wish! There's always room and we appreciate you!

Kind regards,

Shane Corriveau, MCA President

The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.



Montgomery Community

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play • discover • learn • create

Registration now open!



Located in the
Montgomery Community Centre

For children
ages 3–5

Purposeful play-based learning
Hands-on activities that spark curiosity and growth.

Small classes, big attention
Low teacher-to-child ratios for a nurturing environment.

Local friends, strong community
Building friendships and confidence together.

Come try a day with us!

Experience our program before you register.

Book your visit at calgarypreschool.com →

Where little learners play, discover, learn & create every day!



Manager's Meanderings

December already. A time of reflection, and not just our faces reflected in the pretty decorations. Deep thoughts, pondering one's own worth, one's personal value. I have received some beautiful thank you notes and cards for my efforts here at the MCA Centre this year. Some have made me blush; all have made me proud.

My personal priority this year has been my 93-year-old momma bear. I am so very blessed to have her nearby. I get stories and viewpoints and humour and love. Yes, blessed. It is not easy being a primary caregiver, some of you know this all too well, but there are rewards, moments of magic. I get to spend another festive season with my mom, what a huge gift!

I would like to say thank you to some amazing people I have interacted with on the MCA Board. As a Community Association, we are lucky to have such passionate and positive people volunteering for us. Cam, George, and Gaetano crunching our numbers. Holly, Donna, Crystal, and Kayla bringing calm, balance, insight and much intelligence. Early work done on our Seniors programming and monthly brunches by Kim.

Plus, the stars from 2024 and 2025, Harminder and Elizabeth, and Jay, editor of the *Messenger*, and promoter of events, both our own and our clients.

My coworkers at the Centre, D'Arcy, David, and Yvette. There are simply not enough words that say thank you loud and proud enough for you three!

My very best seasonal wishes for you all, I hope you are enjoying sharing space and time with your family and friends.

Spike Richards



Our next Jellybean Dance is being held on January 22, 2027, from 6:00 to 8:00 pm!

DJ Jacek is playing kid friendly music and there will be snacks, juice, and glowsticks for purchase. Parents are required to stay.

$0.50 to $1.00 each, cash only.

Free to MCA Members!

$5 for non-members per child.

If you are free to help out and make this night a success, or require additional information, please reach out to Holly at secretary@mcapeople.com.

Montgomery Community Centre, corner of 16 Ave NW and Home Road, across Home Road from Tim Hortons.

Ask for It



One out of three businesses in Montgomery now offer a 10% discount to MCA members. Remember to ask for your discount!

By the way, one out of ten adults that live in Montgomery are members of the Montgomery Community Association. Are you?



Your Productivity Guru

Don't Fall for the Hype

You may have heard the story about the AI that hacked another company. You may have heard that self-aware AI is just around the corner, or the prediction from actual AI company employees that there is a good chance AI will eliminate humans. This may even be convincing you to stop using AI.

Don't believe the hype. What I'm about to say will sound controversial, but I stand by it. Any AI related story you hear from any person with a financial stake in AI's success is a hype machine. AI companies want you to believe that it is more capable than it is because that's the only way they're going to get the massive investment they need to continue to grow their business. What is sad is that the media bought into the hype. Independent researchers did not. They have tested AI models, and all conclude the same thing: The models are at their core, text-prediction engines, extraordinarily good at retrieving, recombining, and generating language, but fundamentally incapable of understanding the world they talk about. They lack common sense, causal reasoning, and any comprehension of physical reality. A child learns physics by dropping a spoon from a highchair dozens of times; an AI learns "physics" by reading sentences in documents about gravity.

AI feels magical but it isn't. You have basic math and on top you stack statistics, linear algebra, and massive grids of numbers called matrices. Then come algorithms that aren't mysterious in the slightest as they simply adjust those numbers by small increments whenever the computer guesses wrong. You feed in enormous volumes of data like sentences, images, recordings, and the computer repeats the same routine billions of times, slowly tuning itself. Add hardware that can perform these tiny operations at extraordinary speed, and suddenly you get a model that can spot patterns and generate predictions. Wrap that model in software that lets you chat with it or assign it tasks, and you get what most people now call AI.

And AI agents? They are also simpler than people imagine. An agent is just a model paired with a to-do list and some tools to access other resources. It reads a goal, breaks it into steps, decides what to do first, uses whatever tools are available such as search, email, code execution, and checks its own work. There is no inner mind. No mystery. Just structured workflows, conditional logic, and repeated loops. Add an 85% accuracy rate and you can see why agents are not foolproof.

If you could insert yourself into the inner workings of an AI doing its thing, slowed down to observe each token, you would marvel at how inefficient and imperfect the process is. It seems capable because of the sheer speed and compute power from thousands of servers being thrown at the task.

Here's the thing—AI is not worthless. It is the most productive intern you've ever had, one who never sleeps, never complains, but many times fails to check whether his work is actually correct.

Your productivity guru,

Karl Plesz

THE FRIDAY NIGHT $499 SPECIAL

Book our main hall for any available Friday night between now and December 2027 and enjoy the all inclusive $499 price!

Limited Time Offer!



Book Launch



Live Music



Public Forum



Reception

Our main hall is ideal for weddings, birthdays, receptions, parties, markets, concerts, church services, fitness classes, workshops, business meetings, camps, and more!

Go to our website at mcapeople.com and click the link Facility Rentals, check the dates, and fill out the form.

Or call our facility manager at (403) 247-3116 or email us at manager@mcapeople.com.

We will do everything in our power to make your event truly successful!

MCA

MCA
MONTGOMERY
COMMUNITY ASSOCIATION



1 for $5 **3 for $10**

10 for $25 **25 for $50**

100 for $100

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(until Dec. 29, 2026)

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Draw date: December 30, 2026



Reflections

New Year celebrations are coming up: the end of 2026 to usher in 2027! So, why do we celebrate the ending of the year on December 31? The calendar year actually could end at any time. In fact, around the world, there are different moments at which the year end is signalled and the new cycle begins. Two main influences in determining the annual cycle are the agricultural seasons and those of the sun. That means that in some places in the world, the year begins when the agricultural season beings, often marked by the beginning of rains, and corresponding with the equinox: either the March equinox on our calendar, and relevant to the northern hemisphere, or the September equinox, for those in the southern hemisphere.

Thailand, for example, celebrates Songkran, which is the beginning of the hot, rainy season. If you happen to be there, you will be doused with water. Similarly, in Bali the new year celebrations correspond to the beginning of the agricultural cycle, and the vernal equinox. During Nyepi Day, everything grinds to a halt.

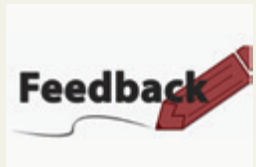
European traditions relating to the beginning of a yearly cycle evolved through time. In ancient Roman times, the beginning of a new annual cycle corresponded to spring planting, so was celebrated at the March equinox. Julius Caesar imposed a calendar reform in 46 BC which established the start of the year based on the solar calendar, on January 1. This date was chosen to honour Janus, a two-faced god who was able to look a back upon the previous year, and forward to the year to come. This correlates closely to the winter solstice in the northern hemisphere, which marks the darkest day of the year and the return of sunlight. This new date for the new year was not universally observed throughout Europe until the 18th Century!

The transition of one cycle ending and a new beginning often has been considered as a period of uncertainty, and many rituals are related to the belief that there must be feasting, partying and even fancy-dress events to mark the end of one, and the successful beginning of the new cycle. In Medieval Europe, the change of the annual cycle was marked by the temporary relaxing of some societal rules. The Festum Fatuorum, or Feast of Fools, was a festivity in which sacred rituals were mocked, important societal figures were parodied, and there was even a fun gender role reversal, through cross-dressing. This measure of irreverent chaos would usher in the return of order.

One of my favourite New Year's Eve experiences was in Mexico where at midnight, and at each of the 12 strokes of the clock, revellers are to put a grape in their mouth. This is hilarious fun! In Portugal, I am told, they use raisins! My own Celtic roots meant that we practiced "first footing", a Scottish tradition wherein the first person to cross the threshold after the stroke of midnight was to be a dark-haired male carrying coal, or a bottle of whiskey, for good luck through the New Year.

Whatever is your tradition or your feeling at the end of 2026, and the initiation of a new calendar year on January 1, 2027, let's hope for a year of love, friendship, and peace in the world and in our beautiful little corner of it, here in Montgomery. Greet everyone you meet as you cruise the neighbourhood on January 1, and let's keep up that tradition for the whole year as a New Year resolution!

Denise Brown



Feedback is an essential part of communication. If you have comments about the content in the Montgomery Messenger, please know that we want to hear from you. We welcome suggestions and we are always looking for writers that wish to contribute to our little magazine. Email us at feedback@mcapeople.com.



The Town of Montgomery was largely created after 1945. The area was originally known as Shouldice Terrace but was renamed after World War II. In 1947, Montgomery was a small, unincorporated settlement of approximately sixty houses, administered by the Department of Municipal Affairs as part of a local Improvement District.

Citizens formed a welfare community to deal with the lack of sewer and water facilities. As early as 1949, the Montgomery Welfare Committee petitioned for the annexation of Montgomery to the City of Calgary. By 1951, Montgomery's population had increased to approximately 1,600 and at a meeting of ratepayers in February of that year, a petition was signed and forwarded to The City calling for annexation to Calgary.

At that time, the hamlet of Montgomery (also known as Montgomery Subdivision) had no health services, "spasmodic" garbage collection, inadequate fire protection, and limited police protection. Annexationists hoped that union with Calgary would bring City water and sewage facilities to Montgomery. But the cost of extending those facilities to Montgomery, and the distance between Montgomery and the city limit, led the Board to reject Montgomery's application as premature.

For more information regarding the Town of Montgomery administrative history, please go to the City of Calgary Archives homepage!

Save 10 Percent!



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

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



What a fantastic opportunity! What are you talking about? Ahhh, fellow Montgomerian, volunteering of course!

Volunteering offers personal growth, improved well-being, social connections, and career advantages while making a positive impact on the community.

Personal and Mental Health Benefits

In today's complicated world, volunteering can significantly enhance mental health by reducing stress, increasing life satisfaction, and boosting self-esteem. Engaging in purposeful activities shifts focus away from personal worries, creating a sense of meaning and fulfillment. Many volunteers report improved mental wellbeing, reduced feelings of loneliness, and a stronger sense of identity through helping others and contributing to a cause they care about. Network with the MCA and you're sure to have an upbeat experience!

Physical Health Benefits

As we age, our bodies take their tolls—best way to mitigate any future issues is to deal with them now before they start to affect you. Certain volunteer roles involve physical activity, which can improve cardiovascular health, overall fitness, and mobility. Regular engagement in volunteering tasks, such as assisting in hospitals or community projects, can also enhance energy levels and support long-term physical wellbeing. Though we rarely have heavy work, you might be surprised by the physical benefits of simply moving chairs and tables at the MCA. Of course, many of our events have some moderate lifting—combine with mental health benefits and you're maintaining your super body you've always had. Come on out!

Social and Community Benefits

At the MCA, we have an amazing community. Volunteering fosters meaningful social connections, helping individuals build friendships and expand their networks. It reconnects people with their communities, reduces social isolation, and encourages collaboration with others who share similar values or interests. This sense of community can also inspire further civic engagement and advocacy. In fact, we're proud to have met a recent younger woman volunteer who has signed up for these very reasons. Our younger MCA demographic can also build…

Career and Skill Development Skills

We all need experience—any age, it's always valuable! Volunteering provides opportunities to gain transferable skills, attend training courses, and gain practical experience that can enhance employability. Volunteers can often use supervisors as references, strengthen their CVs, and develop leadership, communication, and problem-solving skills that are valuable in professional settings. The MCA can help complement your resume!

Emotional and Psychological Rewards

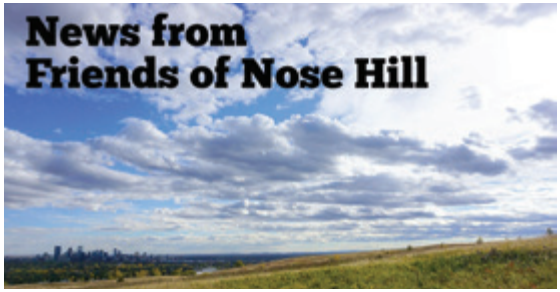
Communities matter—and the MCA brings together all sorts of wonderful residents who show acts of kindness and helping others. These often trigger the brain's reward centers, producing a "helper's high" that boosts mood, empathy, and compassion. Volunteering can also increase resilience, confidence, and a sense of purpose, contributing to overall life satisfaction. The MCA matters, you matter and so do the members—so come on out and meet with many of us!

Overall, volunteering is a mutually beneficial activity: it improves personal wellbeing, strengthens social bonds, enhances career prospects, and positively impacts the community. Even small commitments of time can create meaningful change for both the volunteer and those they help.

Thank you to all our special and precious volunteers in our amazing community and beyond. We couldn't do it without you.

President and fellow volunteer,

Shane Corriveau



by Anne Burke

I was contacted by a PhD Student at the University of Calgary who is training to become a forest therapy guide. His research is on the use of nature in cancer care, and he plans to provide some to patients and participants at Nose Hill Park. He intends to be mindful and have minimal human impacts on the land and the rough fescue grasses. He wants to avoid off-leash areas and others with a lot of thistles. Forest therapy is a legitimate, research-backed wellness practice for reducing stress and improving mood, though it is considered preventive or complementary care rather than a medical cure. While forest therapy is a structured, clinical intervention aimed at specific health challenges, forest bathing is a general mindfulness practice for stress reduction.

Calgary's first official trail at Inglewood Bird Sanctuary was certified by the Association of Nature and Forest Therapy (ANFT). The loop offers five unique stations that guide you on a sensory exploration of this peaceful natural area. Community walks are seasonal and guided two-and-a-half-hour programs are in local wilderness spaces like Griffith Woods Park. The Cumming School of Medicine (CSM) engages deeply with nature-based healing through Indigenous medicine walks and local health partnerships. The school integrates immersive nature experiences primarily through traditional Indigenous healing frameworks. Organized by the CSM Strategic Partnerships and Community Engagement office alongside the Calgary and Elbow River Healing Lodge, University of Calgary medicine walks take place at Nose Hill Park. Led by Indigenous elders, these walks guide medical students through the natural environment to explore the collection, application, and meaning of traditional plant medicines, blending medical education with ecological connectedness.

This article is for informational purposes only. For medical advice or diagnosis, consult a professional.

YOUR CITY OF CALGARY

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

BUSINESS CLASSIFIEDS

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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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at $160 per month. Christmas light installation starting at $150. Early season discounts! Window and gutter cleaning starting at $99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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

PAINTER SERVICING MONTGOMERY: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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.



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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.

EAT WELL. SPEND LESS. SUPPORT OUR COMMUNITY.

GOOD FOOD BOX PROGRAM

COMMUNITY KITCHEN



SAVE ON FRESH PRODUCE EVERY MONTH

The Good Food Box Program makes healthy eating more affordable.

- Fresh fruits and vegetables
- Quality produce at a fraction of grocery store prices
- Convienient pick up locations

INCREDIBLE SAVINGS!

BOX OPTIONS

SMALL	$35.00
MEDIUM	$40.00
LARGE	$45.00

FOR MORE INFORMATION

To learn more about the Good Food Box Program and how to place an order, please visit our website.

LEARN MORE & TO ORDER VISIT

ckpcalgary.ca

QUESTIONS? WE'RE HERE TO HELP!

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Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

TOGETHER, WE BREAK THE CYCLE OF HUNGER.