

JANUARY 2016

DELIVERED MONTHLY TO 3,500 HOUSEHOLDS

# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



**WISHING YOU AND  
YOURS A HEALTHY AND  
HAPPY NEW YEAR!**





# MONTGOMERY SENIOR SOCIAL

(for ages 60+ with MCA membership)

When: LAST Monday of each month 1 -3 pm  
 Where: Montgomery Community Centre  
 5003 – 16<sup>th</sup> Avenue NW **Runs September to May**

Activities: Door prizes, Raffles, Entertainment,  
 board games, and a light lunch!

Contact: MCA – (403) 247 – 3116  
[mcac@telus.net](mailto:mcac@telus.net) - call with questions or if you need a ride!





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#109 19TH ST NW

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**TUES JAN 26 & WED JAN 27**  
**with an Adult Hair Cut**

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 Mon to Fri 9 am - 7pm  
 Sat 9 am - 5 pm | Closed Sundays  
**PH 587.352.9800**  
 Corner of Kensington and 19<sup>th</sup> St NW



Montgomery Community Association  
 5003-16 Avenue NW, Calgary, AB T3B 0N2  
 Tel: 403-247-3116 • Fax: 403-247-3150  
[manager@mcapeople.ca](mailto:manager@mcapeople.ca)

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Working Together for a Better Community

## Executive

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Vice-President	Russel Ens	
Treasurer	George McMullen	
Secretary	Lindsay McLaren	

## Staff

Hall Manager	Janine McAuliffe	403-247-3116
Assistant Manager	David Hoskyn	403-247-3116

## Directors

Ron Aubrey	David Baker	Trevor Dreher
Anthony Ferrise	Ellen Kerkhoven	Trevor Poffenroth

## Elected Representatives

City Councillor	Ward Sutherland	403-268-2430
MLA Calgary Varsity	Stephanie McLean	
MP	Len Webber	

## Contacts

Community Liaison Officer	Dylan Harris pol4411@calgarypolice.ca	403-969-9482
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## School Board Trustees

Public	Joy Bowen-Eyre	403-294-8121
Separate	Serafino Scarpino	403-500-2550

## Stay Connected With Montgomery



Check out our Website: [www.mcapeople.ca](http://www.mcapeople.ca)  
Like us on Facebook: MontgomeryCA



Follow us on Twitter: @mcapeople  
Subscribe to E-News: [montgomerynews@gmail.com](mailto:montgomerynews@gmail.com)

## Montgomery Community Centre Hall Available for Rent

The main hall at the community centre is available for rent for large and small functions, from big weddings to simple birthday parties for kids.

Active members of the community association will receive a 10% discount on full rentals.

### RENTAL RATES:

#### Main Hall

Full rental- \$460.00  
Damage Deposit \$300.00  
Prime Time hourly  
Fri-Sun. - \$55.00 per hour (5 hours or less)  
Weekday Mon-Thurs- \$35.00 per hour

#### Board Room

The boardroom is approx. 14'x22' in size.  
Capacity in a meeting-room setting is 25.  
White board and pull down screen available.  
Rental rate: \$25.00 per hour.

For Further information please visit [www.mcapeople.ca](http://www.mcapeople.ca), call 403-247-3116, or email [manager@mcapeople.ca](mailto:manager@mcapeople.ca).

## The Montgomery Messenger is a publication of the Montgomery Community Association and Great News Publishing

Published year round for mail delivery in the middle of every month.

Content from the public is welcome and invited. To inquire about submitting content please email [editor@mcapeople.ca](mailto:editor@mcapeople.ca) or phone **403-247-3116**.

All advertising inquiries should be directed to Great News Publishing.

**Deadline** for content submissions is the first of each month, for publication the following month. All submissions should be as Word documents, and sent to [editor@mcapeople.ca](mailto:editor@mcapeople.ca). High quality photos are also welcome.

## Brief version of December 2015 MCA Board Meeting minutes, for Montgomery Messenger:

- Thanks to Aree for preparing a lovely Christmas dinner at our December board meeting!
- Janice Murphy has taken over coordination of the community clean-up – thanks Janice! The 2016 clean-up will be held in May, specific date TBC. Thanks to previous coordinator Sandy Zazelenchuk
- We have the go-ahead to hire a project manager to begin the necessary work on the make-up air unit at the community centre
- The Planning Committee continues to consider several development permits throughout the community
- The South Shaganappi Area Strategic Planning Group held an information session: new items were plans for a pedestrian overpass at 29 Street NW over 16 Avenue (nothing concrete), and a temporary parking lot for the staff of the Foothills Medical Centre at the University District.
- Shouldice Park: funds have been secured for rebuild of the main field with the stand. Work will commence in due course.
- Updates on the Trinity development project (near COP) are available at [www.trinityhills.ca](http://www.trinityhills.ca).
- We need content for the Montgomery Messenger. Please consider contributing. Contact [editor@mcapeople.ca](mailto:editor@mcapeople.ca) for more information.
- The NDP Calgary Varsity Constituency Office will hold an Open House on December 19, 2pm-5pm. All welcome.

*Lindsay McLaren*

*MCA Board Secretary*



## Help shape the future of the University of Calgary's main campus

The University of Calgary would like your feedback on **Campus Forward, the long range development plan for the main campus.**

Join us at our upcoming public open house:

- **February 9, 2016**  
5:30 p.m. to 8 p.m.  
Varsity Acres  
Presbyterian Church  
4612 Varsity Drive NW

Visit [ucalgary.ca/campusforward](http://ucalgary.ca/campusforward) for more information.

**Campus Forward**  
MAIN CAMPUS LONG RANGE DEVELOPMENT PLAN



## PRESIDENT'S CORNER

Happy New Year! I hope you all had a Merry Christmas. The MCA Board and the Planning Committee have continued discussions with the City of Calgary on the 16th Avenue project. This came about as the result of conversations with Councillor Sutherland to address the issue of slowing down traffic and to make Montgomery the Gateway to the Rockies. As everyone is aware, with the Bowfort interchange being built, Home Road will be the first set of lights for travelers along the TransCanada Highway heading east.

The MCA Board is anticipating the response from the Open House held in November will be available to us in January. However, anecdotally and from conversations I have had, it seems that the proposal of a bike lane on Home Road has prompted a passionate debate within the community. Considering the numerous views from community residents and given that this was not part of the original study, we have requested the City remove the bike lane proposal from the 16th Avenue improvements. This will allow for an informed, balanced approach to decision making. At the time of this writing, we have not had a formal response from the City regard-

ing this request. I encourage everyone to stay informed through social media (website, Facebook, Twitter, eNews) avenues. We will keep you updated as information is made available.

At this time, I would like to thank Councillor Sutherland. He has been involved in numerous items within the community including the above project, the community association building improvements, supporting federal grant proposals and the south Shaganappi study. I appreciate that I have been able to contact him regarding issues and concerns. He has consistently been available to assist with connecting to the City staff and to supporting the community association's requests. Working within the City staff units continues to be one of the more interesting parts of being president of the community association. I appreciate his help in navigating these systems.

Our AGM will be held in February and I hope to see many of you attend; perhaps if not for the update on community initiatives and elections, at least for the wine and cheese social to follow! See you soon.

Marilyn

## Casting Off This Mortal Coil: The Allure of MMO's and Other Roleplaying Games

By Kyle Marshall

The fantasy of shirking off one life to begin another is a theme commonly explored in media. In the film *The Matrix* (warning: spoilers for a 16 year old movie ahead), the character Cypher betrays our leather-clad protagonists for the chance to be re-inserted into the Matrix, a virtual reality that will allow him to live out his fantasies of wealth, cars, and delicious steak. Most of us can agree that the man was a colossal jerk that more than deserved his inevitable death. His real life was a bleak, post-apocalyptic dystopia where people wore tattered rags and ate bland-looking grey paste. His end goal, if not the methods he employed to get there, was at the very least understandable.


Our reality may not appear as bleak as that of *The Matrix*. However, gridlocked, rush-hour traffic on Glenmore Trail at six o'clock in the evening has to be a close number two behind the nuclear apocalypse, so is it entirely unreasonable that some people try to escape into another "life" through video games?

MMOs, or Massively Multiplayer Online Role-Playing Games, are usually depicted in television as the refuge of socially awkward serial killers. In reality, games like *World of Warcraft* - or one of the hundreds of spinoffs trying to capitalize on its success - allow players to act

out their fantasies of adventure, dragon-slaying, and vanquishing the same evil wizard several times until he finally drops that damned amulet you need. Players from around the world are able to interact with one another in this environment, and this social aspect reinforces the idea of taking on another "life."

Should this sort of behaviour be condemned? Cypher murdered his colleagues to escape back into the Matrix, and aren't "the video games" a dehumanizing experience that disconnects children from reality and drives them to gruesome acts of violence? Not really. Many people who play these types of video games are well-adjusted men and women looking for a temporary escape from the mundane details of their everyday lives, in a way not dissimilar to watching television or a movie. The danger arises - as I know from personal experience - when that virtual life takes over, and is focused upon to the exclusion of one's real life.

As always, moderation and common sense are key... Until you find out your turnoff onto Crowchild Trail has been closed. Then all bets are off.


Friends of the Bowmont Natural Environment Park Area 

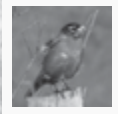
### Wildlife of Bowmont Park


Who Am I?

When icy winds are cold and mean  
I huddle in an evergreen;  
Feathers fluffed to keep me warm  
In the swirling winter storm.

Plumes of blue and black and white  
Fan behind me like a kite;  
I often give my name away  
By squawking loudly, "jay" "jay"!

  
**Blue Jay**

  
**Robin**

  
**Bohemian Waxwing**

Turn Page Upside-down for Answer  
(for enig 2 11)

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## BRAIN GAMES SUDOKU

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			9		5			
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9			4					
				7	1			2
	1	4	3					5

FIND SOLUTION ON PAGE 11

# PLANNING REPORT

Over the past few weeks the Planning Committee has reviewed the following permits:

**DP2015-4505** 4731 17th Avenue NW Exterior Renovations, and Changes to Site Plan.

**LOC2015-0168** 208 Silver Valley BV NW Land Use Amendment and Road Closure. This application formalizes what's happening in Bowmont Park and updates the Bowmont Park Management Plan. The Park had pockets of different zoning throughout as well as unbuilt road rights of way. These sections of unused roads that were never needed by the City are the 'road closures' being referred to in the application. By redesignating the Land Uses to Special Purpose – Urban Nature (S-UN) District, the Land Use now reflects the current use of the park. The existing playgrounds and soccer fields will remain Special Purpose – School, Park & Community Reserve.

**DP2015-4218** 5224 Bowness Road NW Contextual Semi-Detached. Since this permit falls under the Contextual Rules it is automatically approved by the City Planning Department. The Contextual Rules do not require new development to adhere to the Montgomery Area Redevelopment Plan (ARP). The MCA Planning Committee will be requesting that City Planners change this rule. We strongly encourage developers to work within the guidelines of the ARP. The ARP reflects the vision of all residents of Montgomery and it is a legal document.

**16th Avenue and Home Road Upgrades:** We also had a chance to review the City's proposal for upgrades at 16th Avenue and Home Road. This is the first intersection drivers come to when entering the City. This is

where traffic must slow down to 50km/hr. It's a wide intersection with roads at awkward angles. The City is currently looking at ways to upgrade this intersection and particularly upgrade the safety aspect of the crosswalks in this area, not just at the major intersection but also near the Dairy Queen. This is an opportunity for the crossings to be both safe and welcoming.

To that end, here are some suggestions:

- Incorporate Dark Sky street lighting to suit a residential scale
- Incorporate banners to mark the entry to Montgomery
- Incorporate clusters of landscaping as opposed to single lines of trees
- Continue the texture of sidewalks (paving stone, brick, etc) across the intersection
- Continue the sidewalk as a raised hump where it crosses the road so that drivers are made aware of the pedestrian component (painted lines get obscured by snow)
- Use contrasting colours for the central median (or meridian) such as white concrete with red or charcoal pavers
- Change the width of the curb; sometimes a change in our expectations makes us pay attention
- Add a strip of brick pavers along the side of the curb to mark the entrance to a residential neighbourhood
- Incorporate landscaping elements (small pebbles, stone, boulders, slabs of rock) in the median

I'll be interested to see what we come up with!

The 16th Avenue upgrades will also result in the closure of a number of entry points into various businesses. This was done to create safer corners but will also result in more parking spaces for businesses in the area.

And finally, the entry into the Montgomery Community Association parking lot will be shifted further down Home Road. No more goofy exiting onto Home Road – probably a good thing.

*Janice Mackett, Architect*

*Planning Committee Chair*

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
**safetysync.com**  
**403.668.6402**

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

**Ripples**  
MAKING A Splash IN BUSINESS

**APPLICATION FORM**

Name: \_\_\_\_\_ Date of Application: \_\_\_\_\_  
 Mailing address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone number(s): \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Describe your project: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Date(s) your project will take place: \_\_\_\_\_  
 Where will your project be held? \_\_\_\_\_  
 Who will work with you to plan and organize this project? \_\_\_\_\_  
 \_\_\_\_\_  
 How will you involve other people to participate in this project? \_\_\_\_\_  
 \_\_\_\_\_  
 How will your project make Bowness better? \_\_\_\_\_  
 \_\_\_\_\_  
 What will your project cost in total? \_\_\_\_\_  
 How much grant money are you requesting? \_\_\_\_\_  
 What will you spend the grant on? (Please list specific items and their costs) \_\_\_\_\_  
 \_\_\_\_\_  
 How will you share and celebrate your project? \_\_\_\_\_  
 \_\_\_\_\_

## Announcing the Ripples Grant

The ripples from a pebble tossed in a pond can go a long way. Ripples Grants of 100 to 600 dollars are intended to do the same thing by supporting resident-initiated ideas. Have you been thinking about something that would enrich Montgomery? Fill out the application below or online [www.bowwest.com/ripples-application/](http://www.bowwest.com/ripples-application/).

Contact the community centre for more information (403-247-3116; [manager@mcapeople.ca](mailto:manager@mcapeople.ca)). These grants are made available through the kind support of the United Way, The Calgary Foundation, and local organizations.

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**JANUARY MOON CALENDAR**

Last Quarter Jan 1    New Moon Jan 9    First Quarter Jan 16    Full Moon Jan 23



## MAKE YOUR GREAT IDEA HAPPEN

### WHAT IS RIPPLES?

- A small grant for projects that build community
- For residents of Bowness, Montgomery and Greenwood Village
- Applications accepted on an ongoing basis and reviewed by peers

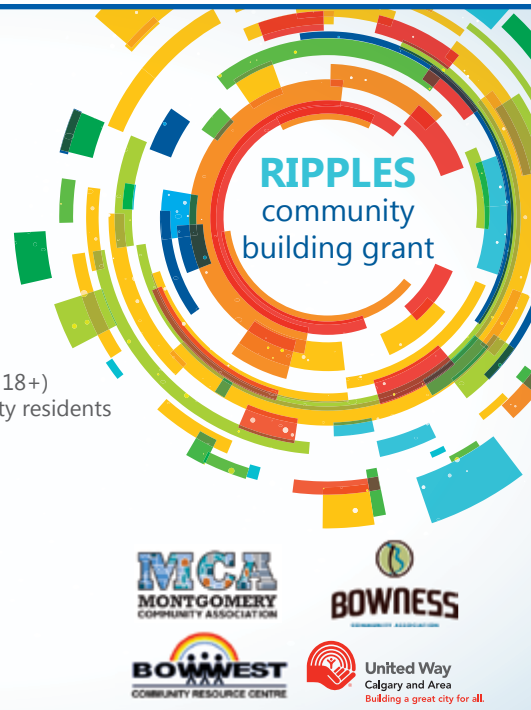
### WHO CAN APPLY?

- Individuals and resident community groups
- Youth are encouraged to apply (1 member must be 18+)
- Agencies are not eligible but can support community residents with their projects

To apply please visit:

[www.bowwest.com/ripples-application](http://www.bowwest.com/ripples-application)

or contact us at [ripples@bowwest.com](mailto:ripples@bowwest.com)



## Montgomery Spring Soccer "2016"

### U-4 to U-12 Registration

Opens on website February 1, 2016  
[www.mcapeople.ca](http://www.mcapeople.ca)

In House Registration  
February 29 6-8pm  
Montgomery Community Centre  
5003 16th Ave NW

Deadline for registration March 14, 2016  
403-247-3116

\*Volunteer coaches needed\*  
For U4-U12

## Montgomery Community Spring Soccer Program

The Montgomery Community Association is looking for keen volunteers to take over the 2016 spring soccer session. Our outgoing volunteers have done their reign as coordinators of the program and no longer have children young enough to be in our program.

The program is looking for volunteers to help with registration, as well as liaise with the inner city house league. This would include attending some early season meetings.

Montgomery's soccer program is a community based program that depends completely on volunteer power. We are fortunate to live in a community with a program that allows us to meet neighbours and make friends in Montgomery (adults and kids alike), while being outside and playing soccer. Past volunteers in this program would encourage you to get involved to keep this great Montgomery program running.

If you are interested in taking on this position to work with other parents and children in the community please contact the Montgomery Community Centre. 403-247-3116 [mcac@telus.net](mailto:mcac@telus.net).

### WHAT KIND OF FUNDING IS AVAILABLE?

Funding for short term projects from \$50 to \$600

### WHAT ARE PAST RIPPLES PROJECTS?

Skill Sharing • Neighbourhood Events • Workshops  
• Community Clean Ups • Community Gardens •  
Performing and Visual Arts Projects • Drop In Activities

### WHAT PROJECTS ARE ELIGIBLE?

Projects that:

- Are new initiatives
- Are held in a public location
- Benefit to the whole community
- Build a sense of belonging and create community connections

### GRANT REQUIREMENTS & RESTRICTIONS

- Funds cannot be used for salaries/wages or alcohol
- Receipts are required at the end of the project
- Funds must be spent within 6 months
- Sharing your project's story

### GET STARTED!

- Be creative!
- Invite people to brainstorm
- Plan your project using the application form [www.bowwest.com/ripples-application](http://www.bowwest.com/ripples-application)

### GET INVOLVED WITH RIPPLES!

The Ripples Grant Committee meets to discuss and make decisions on the applications.

We strive to represent our diverse community so if you are interested in being a member, e-mail [ripples@bowwest.com](mailto:ripples@bowwest.com).



## Come and Play at the MCA...



### Children's Birthday Party Package \$99.95

This birthday party package includes two hours in our main hall and we'll throw in the floor hockey equipment, ping pong tables, preschool equipment...

Bring in your own food and refreshments... invite as many friends and family as you like!

For one "low" rate.

Some restrictions apply for advanced bookings.

For more information: 403-247-3116, [mcac@telus.net](mailto:mcac@telus.net).

BRAIN GAMES			SUDOKU					
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9	7	2	4	5	8	3	6	1
3	8	5	6	7	1	9	4	2
6	1	4	3	9	2	7	8	5

## Playtime is more than fun

By Sherra Molyneux

For 2016, I resolve to cut back on my kids' screen time. My shameful secret is my children have become addicted to TV. I blame Paw Patrol. Something about Ryder and his team of pups has my kids hooked.

Truthfully though, their cravings began long before that troop of loveable dogs showed up.

After our family grew from one to two kids, and then from two to three, I would habitually turn on a Baby Einstein DVD or Netflix whenever I had to do chores, put the baby down for a nap, or make dinner. It was just easier than coming back to find a whole roll of toilet paper shredded to bits to make a dinosaur nest. Yes, I'd checked something off my list, but now there was all this to clean up!

Sigh.

Then came an "aha" moment. Thanks to a parenting seminar organized by my kids' preschool, I've realized how detrimental screen time can be for kids' growth and learning. Our society seems to have developed a belief that children constantly need to be entertained

(myself included) through screens or with formal activities and this is actually eroding their own ability to entertain themselves. Yet, research sites that unstructured free play is vital for healthy development. It has countless cognitive, physical, social, and emotional benefits. For example, children learn to work collaboratively to keep that impossibly high block tower from toppling. They learn to regulate themselves when they realize hitting and pushing doesn't actually inspire the kid with the cool magnets to fork them over. They start to develop interests when given free reign to choose for themselves.

So the next time you cringe at the sight of your toy infested house, pat yourself on the back instead, and take it as evidence of your kids' flourishing creativity. Rest assured that, through play, your munchkins will grow up discovering their natural gifts and abilities, practicing valuable skills, and learning to actively participate in life rather than passively observe it.

Next on my agenda: Kick the sugar habit.

Sigh.

One step at a time.

Editorial  
Content  
Deadline

1st  
of each month  
for the next  
month's issue  
mccac@telus.net



language  
langue lingua trivia  
wika idiomata  
kieli sprache  
אשף jezyk

The correct response to the Irish greeting, "Top of the morning to you," is "and the rest of the day to yourself."



In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

## BUSINESS CLASSIFIEDS

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.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. City Qualified Trade, Master Electrician, Based in the NW, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service Panel upgrades from 60 amp to 200 amp. Sub-panels, Aluminum re-wiring, custom kitchens and basements. Free estimates. cejelectric.com or call Clayton at 403-970-5441.

**TLC CLEANING:** Over 18 years experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your piece of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

## South Shaganappi Area Strategic Planning Group

The South Shaganappi Area Strategic Planning Group is a group of community representatives and stakeholders that meet on a monthly basis to inform and respond to a number of institutional and infrastructure development projects in the area.

To close out 2016, the group was given a presentation to introduce, and to gather stakeholder input, regarding a feasibility study for a pedestrian bridge across 16th Avenue NW in the vicinity of the Foothills Medical Centre and The Stadium Shopping Centre. Further updates will be brought to the SSASPG as the project progresses.

The Calgary Cancer Project continues with ongoing project planning and procurement activities regarding their new facility at the Foothills Medical Centre. Planning is also underway for interim renovations to the existing Bone Marrow Transplant Unit with construction anticipated to begin in late 2016.

The University of Calgary has implemented a consultation process to develop its Long Range Development Plan (LRDP). This plan is intended to guide future decisions regarding the physical planning of the main campus. Public open houses will be held early in 2016 to gather community comments and feedback.

West Campus Development, now officially named the University District, is working closely with Alberta Health Services regarding the provision of a temporary parking lot. The lot will be located to the south of the Alberta Children's Hospital. It is intended to accommodate the staff of the Foothills Medical Centre during the construction of the Calgary Cancer Project. In addition, The University District was pleased to announce the development had been named the winner of the People's Choice Award in the 2015 Mayor's Urban Design Awards. For more information visit the website at www.myuniversitydistrict.ca.

Rhonda Zander

Planning Committee Member



# Calgary Police Commission

## Message from the Chair, Howie Shikaze

As the newly elected Chair, I am inspired by the opportunity to build on the Commission's achievements and reputation for providing thoughtful civilian oversight to the Calgary Police Service.

Since taking this position, I have been asked about my priorities and vision for the future of the commission. My priority as Chair is to maintain, and work to improve, the strong levels of confidence and satisfaction Calgarians have in the Calgary Police Service. The Commission will do this by continuing to hold CPS to a high standard. It is because of these high standards that CPS has the overwhelming support and confidence of the community.

Our most recent survey of Calgarians showed that 97 per cent have confidence in our police service. The community also told us that officers are performing extremely well and that Calgary is a safe place to live.

The Commission will continue to provide the oversight of the CPS necessary to ensure our city is safe, especially when faced with challenges that affect our community, like increasing gang violence, drug crime, break and enters and traffic safety. We will continue to bring the citizen perspective to the table when providing oversight of CPS decisions and activities to ensure that the service is tackling crime in the most effective, efficient way possible.

I look forward to continuing the collaborative relationships the Commission has built with its partners and the community. These are relationships that took time to build and I will continue to foster them during my time as Chair.

### Welcome Chief Chaffin

Since our last newsletter, the Commission completed its most important job: selecting a new Chief of Police. In October, we welcomed Chief Roger Chaffin to the position. Chief Chaffin is a thoughtful and outstanding leader, a respected mentor, and trusted colleague. The Commission is confident that he will meet our high expectations and, more importantly, the expectations of Calgarians.

The Commission welcomes five new members who were recently appointed by city council. Council selected these five members strategically, to ensure that the Commission is comprised of members with diverse and complementary skill sets. The new members bring governance expertise, IT and project management experience, and backgrounds in organizational performance, intelligence, as well as business and municipal law. We welcome Brian Thiessen, the Commission's newest Vice-Chair, Ferdinand Legaspi, Chris Salmon, Tyler Shandro, and Myra D'Souza.

These new members join current members Howie Shikaze, Lisa Silver (Vice-Chair), Johnathan Liu, Stephanie Felesky, and City Councillors Diane Colley-Urquhart and Ward Sutherland. As we welcome five new commissioners, we would like to thank our departing commissioners – former Chair Rod Fong, Karen Gallagher-Burt, Jonathan Perkins, and Steve Edwards- for their service and dedication to the commission. These members are leaving the Commission in a strong position to move forward and continue providing the citizen oversight necessary to help ensure our communities are safe.

### Community Policing Award Nominations Now Open

Do you know someone who should be honoured for their contribution to community policing? We are now accepting nominations for our annual Community Policing Awards which celebrate individuals or groups who have improved CPS' ability to serve the community. Visit our website for more details and to fill out the nomination form.

## Construction Notice

### East Bowmont Natural Environment Park Project

#### Introduction

The City has started construction of the East Bowmont Natural Environment Park. Phase one involves the construction of stormwater ponds in East Bowmont Park. Work will begin in November 2015 and is expected to be complete in winter 2017.

#### Construction impacts

~continued next page~

#### Traffic

The access road to the construction site is located at the intersection of Home Road and 32 AV NW. Flag persons will be onsite to ensure heavy construction traffic can safely enter and exit the site. There will be an increase in construction traffic along Home Road NW. Beginning in late November a heavy volume of trucks will be removing fill from the site. This excess fill cannot be utilized onsite. The trucking will take place between 8 am and 5pm, Monday to Saturday for approximately five weeks.

#### Safety

The work sites will be fenced off and restricted to construction personnel. For your safety, please do not enter the fenced-off construction area.

#### Noise/Dust

We recognize that construction creates additional dust and noise. We ask for your patience as we work to minimize the impact to neighbouring residents. The contractor adheres to The City's Community Standards Bylaw, for hours of operation, material storage and construction best practices, including dust mitigation.

#### More information

For more information about this project please visit [Calgary.ca/bowmontpark](http://Calgary.ca/bowmontpark) or call 311.

### UNIVERSITY HEIGHTS PARENT CO-OPERATIVE PRESCHOOL

Open House and Registration night on **Monday, February 1, 2016**

from 7 pm in Room 9 at Terrace

Road School. Our play-based

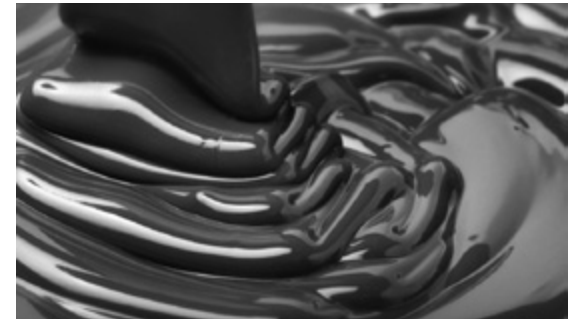
program is for children ages two to

four. For more information, please visit

[www.calgarypreschool.com](http://www.calgarypreschool.com), visit our Facebook

page or contact us at [uhpreschool@gmail.com](mailto:uhpreschool@gmail.com).

University Heights  
Parent Co-operative  
**PRESCHOOL**  
play discover learn create



## CHOCOLATE TRIVIA

A recent study indicates when men crave food, they tend to crave fat and salt. When women crave food, they tend to desire chocolate.

## 10th Annual Montgomery Clean-Up & Recycling Event

### May 2016

Help beautify OUR Montgomery, meet your neighbours and have a fun time outside.

#### Join the Clean-Up Crew!

#### What does the crew do?

- Help neighbours unload their goodies
- Greet neighbours as they arrive
- Make arrangements with neighbours in need
- Keep the Clean-up Crew watered and fed

#### What's in it for me?

- A fun day outside
- First dibs on the treasure finds
- Lots of fresh air
- Get to wear those awesome Clean-up Crew work vests
- Meet Montgomery neighbours
- A cleaner community

Join now by contacting the Montgomery Community Association at 403-247-3116 or [manager@mcapeople.ca](mailto:manager@mcapeople.ca).



## Call for Proposals

### Many Hands Make Great Art

Every September, Beakerhead erupts onto the streets and venues of Calgary with clever and creative works of engineered art. This is a design call for community- built creations that could be a part of this ruckus. One or more of the proposed designs may be eligible for funding to turn your design into reality!

#### What is the design challenge?

Beakerhead is looking for delightful and inspiring installations, kinetic sculptures, objects and experiences that open an entertaining door to the world of science and engineering, and which involve groups and communities in their design and fabrication.

#### Who can take part?

This call for proposals is seeking concepts that could be built by a community, groups or neighbourhoods, and shared with the world during Beakerhead in September. All proposed designs should be envisioned as projects that would require community volunteers to build, drawing on both creative and technical skills. Youth should be considered as part of the creative and implementation team. Delight, entertain and inspire crowds with your engineered art creation!

#### Theme and Approach

Beakerhead opens an entertaining door into the world of science and engineering through delightful and hands- on experiences that bring people together. Successful proposals will be collaborative, ingenious and educational.

Maybe you want to build:

- A musical park bench
- A massive chandelier of recycled bottles

- A sculpture of bicycles that the public can pedal to create ...
- Designs that contain repurposed, reclaimed or recycled materials are encouraged.

#### Important dates

The deadline for design concepts is midnight on January 30, 2016.

Projects that will receive financial support will be notified by February 10, 2016.

The project must be ready to unveil on September 14, 2016, and shared with the world during Beakerhead, September 14- 18, 2016.

#### Where

Pieces appropriate to both interior and exterior application are possible, and should be designed to move easily in your community or be installed safely in Calgary for five days and withstand the rigors of an unsupervised public environment.

#### Elevating your Community

The works created and their makers will be promoted by Beakerhead through traditional and social media. Your community or project team has the option to organize other community events around the installation or project. Beakerhead will promote attendance or viewership and encourage discussion and understanding of the science, technology and/or art that informs the project.

#### How

- Please send your submission as a single PDF to connect@beakerhead.com. All submissions should include:
- Name and contact information
- Title of project
- A brief description of the idea (maximum 250 words)
- Intended location or venue for displaying (even if mobile)
- A plan to engage public during Beakerhead
- Accompanying sketches/images (included in the PDF)

~continued next page~

- A list of proposed materials and dimensions
- Brief description of community or collaborative building process (e.g., local youth group, community association, neighbourhood school)
- Budget (up to \$6,000 in materials and supplies plus up to \$3,000 for additional contracted services, if relevant and pending approval)
- Timeline

Submissions are due by midnight MST January 30, 2016. Finalists will be informed February 10, 2016 following submission deadline.

#### Selected Winners

If a project is selected for completion, \$6,000 will be provided for materials plus up to

\$3,000 for contracted services; e.g., installation assistance, educators, welding, crane, shipping, etc. pending approval.

## Girl Power After School

is looking for more girl leaders! Do you know a girl aged 10-12 who wants to build community with other girls and learn how to use her strengths to change the world? The Women's Centre still has plenty of space to welcome new girl participants - the more the merrier!

The program is totally **free!** All snacks, supplies and bus tickets are provided. Girls meet Tuesdays and Thursdays at 39-4th Street NE to do fun workshops, activities and projects. Doors open at 3:30pm, with programming from 4-5:30pm. The program is drop-in with ongoing sign-up.

The Women's Centre of Calgary is a safe space for thousands of women looking for community, support, and a place to share their stories. Women attend hundreds of free workshops every year, access emergency food hampers and personal care items, and work for change in their communities. We're thrilled to expand our programming to support more girls in our city.

Girl Power After School will start up again January 5. Email sarah@womenscentrecalgary.org or call 403-264-1155 to sign up. Learn more about the Women's Centre at www.womenscentrecalgary.org.



## HUMPTY'S COMMUNITY VOLUNTEER

"When do you find the time with three kids in soccer to coordinate the Montgomery Soccer league?"

Kathy Taylor is our Fall Humpty's Community Volunteer because she did find the time, as she has in the past. Whether volunteering to hold babies at the Children's Hospital, be on the pre-school executive or joining many of her children's field trips and classroom activities - it's a full life.

Kathy wants to be involved in what her kids are doing. "I'm there anyways," she says, "so I might as well be helping - it's easy".

If you're been involved in Community Soccer in the last three years in Montgomery you've benefited from Kathy's skill set. She's a great communicator and is super organized. And Kathy says, that's part of helping to coordinate the soccer.

"Volunteering is a great way to get to know your community and the people in it. The coaches, team managers and Janine (our amazing Montgomery Community Hall Manager) just make the job easy. Once the season gets going, everyone helps to make it successful."

So how did you get the job? "I was asked," she replied. "People usually step up when they're asked to help - when I asked people to coach or be team managers - they stepped up."

Kathy's kids are getting older (we're all staying the same age - only our children get older) and so she is asking.

"We need a parent to step in for Montgomery Community Soccer. You're going to be there anyways and it's a lot easier than you think."

Thank you Kathy for making Montgomery a great community.

PLEASE COMPLETE ALL SECTIONS AND PRINT NEATLY. Thank You!

Member Name(s): \_\_\_\_\_  
(first and last names of adults)

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Membership Type:  Single/Family \$20.00  Senior \$5.00 EACH  Associate (Social) \$25.00

Community of Residence (if not Montgomery): \_\_\_\_\_

Payment: \$ \_\_\_\_\_ Method of Payment: \_\_\_\_\_ Membership #: \_\_\_\_\_  
(to be completed by MCA) (to be completed by MCA)

PLEASE INDICATE ANY VOLUNTEER OPPORTUNITIES  
YOU MAY BE INTERESTED IN. Thank You.

**MCA Volunteer Opportunities**

It should be noted that some categories may not have openings at this time, however individuals may be interested in the following possibilities:

**Committees:**

- Community Garden
- Planning
- Community Safety Initiative (CSI)
- History —Community Pride and Revitalization (CPR)

**Community Programs & Events/Activities:**

- Children's events (e.g. Kids Carnival, Winter Fest, Jelly Bean Dance, Playgroup)
- Senior's programs (e.g. Seniors' Social, Triple A)
- Special Events (e.g. Noktoberfest)
- Sports programs (e.g. Soccer, Soccer Banquet)
- Community Clean-up
- Fall Fair
- History project
- Fundraising (MCA Casino)
- Other (e.g. Volunteer Recruitment, Memberships)



Please mail along with your cheque made payable to Montgomery Community Association, or drop with your payment.  
5003 - 16 Avenue NW Calgary, AB T3B 0N2

**Thank you for supporting YOUR community association.**

**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. [www.yychotchocolate.com](http://www.yychotchocolate.com)
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. [www.storybooktheatre.org](http://www.storybooktheatre.org)
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. [www.artsccommons.ca](http://www.artsccommons.ca)
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. [www.theatre Calgary.com](http://www.theatre Calgary.com)

**FEBRUARY 16 TO 21  
THE WIZARD OF OZ**

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. [www.calgary.broadway.com](http://www.calgary.broadway.com)



**FEBRUARY 19 TO APRIL 24  
STAR WARZ-A GALACTIC  
ROCK COMEDY**

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vader and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. [www.calgary.jubilations.ca](http://www.calgary.jubilations.ca)



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# 2016

## *Happy New Year!*

Dear Clients, Neighbours, and Friends,

We would like to personally Thank everyone who purchased or sold their home with us this past year, as well as, the numerous past clients who referred their family and friends to us in 2015.

Your continued support and strong referral commitment in 2015 has established us as the #1 Selling Real Estate Agent in Bowness and Montgomery for the 25th consecutive year.\*\*

Once again, Thank You!

*Best wishes for a full measure of health and prosperity in 2016!*

**FRIENDLY PROFESSIONAL SERVICE FOR 30 CONSECUTIVE YEARS!**



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