

MARCH 2016

DELIVERED MONTHLY TO 2,600 HOUSEHOLDS

# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER







# 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!








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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## CELEBRATE EARTH DAY AT THE CALGARY TOWER

**CLIMB 802 STAIRS**  **OR RACE 1KM & CLIMB 802 STAIRS**

IN SUPPORT OF  **APRIL 23, 2016**

[www.ClimbForWilderness.ca](http://www.ClimbForWilderness.ca)

Alta Wilderness Association



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Working Together for a Better Community

## Executive

|                |                    |              |
|----------------|--------------------|--------------|
| President      | Marilyn Wannamaker | 403-286-0175 |
| 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 | 403-216-5436 |
| MP                  | Len Webber       | 587-885-1596 |

## Contacts

|                           |  |              |
|---------------------------|--|--------------|
| Community Liaison Officer | Dylan Harris<br>pol4411@calgarypolice.ca | 403-969-9482 |
|---------------------------|--|--------------|

## 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: [montgomeryenews@gmail.com](mailto:montgomeryenews@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.

## BOARD MEETING HIGHLIGHTS

Highlights from the minutes of the February 9<sup>th</sup>, 2016 Montgomery Community Association (MCA) Board Meeting:

- The MCA is still looking for a soccer coordinator – please consider volunteering.
- Planning is going well for the Community Clean-up, scheduled for May 7, 2016. Volunteers are still needed – please consider helping out.
- Work on the make-up air unit at the community centre has started and is on schedule so far.
- The City of Calgary is planning to install a left hand turn land from 16th Ave onto Home Road, with a bike lane on Home Road that crosses at 52nd St. The Planning Committee will draft a letter to the City expressing a desire to slow down the process so that an informed, engaged decision can be made.
- Please consider contributing content to the Montgomery Messenger newsletter – we welcome stories, reports, etc.
- The MCA will host a fundraising casino on September 3 and 4, 2016.
- The MCA Annual General Meeting is scheduled for Tuesday February 23, 2016. Registration at 7:00pm, meeting starts at 7:30pm.
- The next MCA Board meeting is scheduled for Tuesday March 8, 2016, at 7:00pm

For more information on these items, please contact the Community Association at 403-247-3116 or [mcac@telus.net](mailto:mcac@telus.net).

Minutes recorded by: Lindsay McLaren



## 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).

## 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



# Scam alert – fraudsters pose as Canada Revenue Agency

Nearly every day, the Calgary Police Service receives reports of scammers posing as agents of the Canada Revenue Agency (CRA) or Immigration Canada (IC). Unfortunately, scammers have obtained thousands of dollars from several unsuspecting victims. So how does the scam work and how can you protect yourself?

The CRA scam, and many similar ones, usually follows the same pattern. Victims are contacted via phone by people pretending to be a CRA or IC employee. The fraudsters claim that the victim owes back taxes and that they need to pay money to correct the issue, or they will be arrested or deported. Sometimes, the scammers have valid personal information about victims and their families, such as names and birthdays, to try to legitimize the fraudulent claim.

The scammers can become very aggressive and may begin to threaten victims. Victims are then told to send money through a wire service or to purchase prepaid credit cards or gift cards. Once the money is gone, it is nearly impossible to trace.

You can help protect yourself from phone and email scams by following these tips:

- Do not feel pressure to respond to a request until you have a chance to verify the story.
- Never transfer money, or give out credit card or other financial information, until you can verify the person's identity and the story, and determine whether it is legitimate.
- The CRA will not ask for payment via prepaid credit cards or wire transfer.
- Some scammers are using a technique called spoofing where the caller ID looks like the call is legitimately coming from the CRA or IC. Hang up and look up published numbers for the agency in the phone book or online and call them directly to confirm the legitimacy of the caller's story before you take any action. Do not call numbers provided to you by the person who called you.
- Don't believe what you see. Business logos, web-

## PRESIDENT'S CORNER

As time marches on, we're all a-buzz with the flurry of activity at the centre. Anticipating the re-opening of our kitchen facility, the makeup air construction is expected to complete by March 31. This will mark one week shy of the anniversary of its closure in April of 2015.

Countless hours of planning, building inspections, rescheduling of client rentals and fund-seeking has put this project in the foreground of almost all activity at the Montgomery Centre. After our somewhat monumental task, the City has initiated inspection of its older community centres for proper makeup air, where kitchen facilities exist.

Upcoming is our annual Community Cleanup! Look for the postings in this issue for information on how you can contribute as a volunteer and/or dispose of your household refuse safely and easily.

At the time this article was written, we were approaching our Annual General Meeting, held on Tuesday, February 23. Details of the meeting will follow in the April issue of the Messenger.

*Marilyn*

sites and email addresses can easily be duplicated to look legitimate.

- Watch for poor grammar and spelling.
- Hover your mouse over links to check their true destination. If the URL doesn't match the link, or seems suspicious, don't click on it.
- Be wary of unexpected emails that contain links or attachments from unknown senders.
- Update your computer's anti-virus software.
- Ignore calls for immediate action or messages that create a sense of urgency.
- Beware of phishing emails posing as the Canada Revenue Agency (CRA) requesting personal information, or links within an email re-directing to a fraudulent website that appears to represent the Canada Revenue Agency (CRA). The CRA does not email Canadians and request personal information.
- Never provide personal information such as SIN, bank account information or credit card numbers.



## “Skills to Pay the Bills:” A Brief Examination of Professional Gaming

*By Kyle Marshall*

Though often referred to as electronic sports, or more commonly “e-sports,” professional gaming is rarely, if ever, spoken of with the same reverent tone as conventional sports like football and hockey. After all, how can sitting in front of a keyboard and playing video games be compared to the physical exertion demonstrated by professional athletes? Despite their glaring differences, however, electronic sports have seen considerable successes over the past several years, and one should not be too quick to dismiss the dedication of its players.

Professional gaming has much more of a niche audience than professional sports, so it is unsurprising that it does not benefit from the same level of media coverage. In countries like South Korea, however, e-sports are more widely recognized and televised, to the point where games like StarCraft are jokingly referred to as the nation's “national sport.” With the rising popularity of streaming services like Twitch and YouTube, e-sports are gaining a larger viewership in North America as well, and their financial successes reflect this trend.

People unfamiliar with e-sports are often surprised at the figures related to professional gaming. Winning teams in the past several League of Legends tournaments have received cash prizes of one million dollars, for example, while the prize pool for the DOTA 2 finals can reach in

excess of ten million dollars. Computer companies that manufacture high-end components also sponsor the most well-known and skilled teams, their logos competing for space on the players' jackets not unlike those of NASCAR drivers.

Many would-be professionals have been tempted by this prospect of playing video games as their career. However, those who succeed typically display a level of dedication and skill unlike that of the average gamer. Practicing in excess of forty hours per week, fine tuning strategies with team members and monitoring the play styles of their opponents online, these professional gamers elevate an otherwise recreational activity into a professional endeavour; it is the staggering calibre of their abilities that helps create the allure of e-sports.

E-sports are typically overlooked as a legitimate demonstration of ability and professionalism. While still in its early stages and appealing to a niche audience, the increasing popularity and financial successes of this activity warrant a reconsideration of how most people view professional gaming.

## 2016 MCA Casino

Our regular Casino is coming up on September 3 and 4 at Cowboys Casino. This is a major source of income for the Community Association which helps us maintain and operate the Community Centre along with our community programs

There are typically 18 months between casinos and, as always, we need volunteers to help. This is a great opportunity to meet people and make a huge impact to your community. No experience is necessary and training will be provided. All positions are still available:

- Banker
- Cashier
- Chip Runner
- Count Room

If you would like to come out & volunteer, please contact the Community at 403-247-3116 mcac@telus.net or myself at russel.ens@telus.net. We look forward to seeing you all there!

*Russel Ens  
Casino Chair*

# 10th Annual Montgomery Clean-Up & Recycling Event



**Saturday, May 7 from 9 am to 2 pm sharp!**  
East parking lot of the Montgomery Community Centre (5003 16 Avenue NW)

**We'll be ready to take your refuse - BRING IT! It's Free!**

- **Prepare your yard waste** – One truck is dedicated for organics so bring your leaves, branches and other yard pruning bits. No plastic bags. Use paper yard waste bags, bundle branches and cut large logs into smaller pieces. **While supplies last, pick up free paper organics/yard waste bags at the Community Centre courtesy of the City of Calgary. Max five per household.**
- **Gather your recyclables** – Bring used tires, bicycles, scrap metals, electronics, small and large appliances for refurbish or recycle. If you cannot get your large appliances to the event, please call 403-247-3116 by Friday, April 29 to arrange for a pickup.
- **Extra garbage** – Bring the extra garbage from your yard or laneway after you've squeezed as much as you can into your black bin. There will be limited garbage truck capacity this year.
- **Old mattresses** – Pick up a **free mattress bag** at the Community Centre. Mattresses must be bagged or we can't help you unload it.
- **Smile and be patient** – Remember that this is a Montgomery Community Association volunteer-run event saving you a trip to the landfill (where there might be a line-up too) and saving you the landfill fees.

**Sorry, but we cannot accept** commercial building ma-

terials, household toxics, auto waste, propane tanks, chemicals, paint or large glass (doors, windows, mirrors). **BRING IT!** to the City landfill

**Pickups for seniors and those in need:** Please call 403-247-3116 (leave a message if necessary) by Friday, April 29 if you need help.



## Join the Clean-Up Crew!

### What does the crew do?

- Support set up and take down of the site
- Help neighbours-in-need to participate
- Assist neighbours in unloading and sorting on site
- Keep traffic organized and moving
- 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).

## Insect Trivia



Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.

## PLANNING REPORT

**Permit Applications:** Over the past few weeks the Planning Committee has reviewed several development permits. There were two proposals for Single Detached Homes (including garages); one at 4708 Montalban Drive NW (DP2015-5242) and one at 4703 23 Ave NW (DP2016-0387). Contextual permits have been issued by the City for two semi-detached homes; one at 5224 Bowness Road NW (DP2015-4218) and one at 4436 19 Ave NW (DP2015-4210). Given that these were Contextual permits, they were automatically approved by the City since they met all of the Bylaws. One question that came up concerned Secondary Suites; note that a secondary suite is not allowed in a Contextual semi-detached home. A 4-plex was reviewed at 1820 Home Road NW DP2015-5390. The proposed development looks to be an interesting solution to this somewhat challenging site at the corner of Home Road and Bowness Road NW. A Home Occupation permit (Class-2, Appliance Repair) was reviewed at 1808 51 Street NW (DP2016-0080).

### Trans-Canada Upgrades and Better Access to Home Road NW

There's been some discussion lately by City Planners to install an advance arrow at eastbound 16th Avenue NW onto Home Road NW. Apparently this issue arose from the Open House held several months ago. In a meeting held at City Hall, Board members were told that there was no evidence to suggest that an advance arrow would increase the traffic volume onto Home Road. Traffic volumes along Home Road NW are somewhere between 9,000 and 12,000 vehicles per day. Maximum capacity is approximately 12,000 to 13,000 vehicles per day.

Our concern is whether an advance arrow will increase short-cutting through the community and also increase traffic volumes on Home Road. If traffic volumes are increased, then how do we make it safe?

Any traffic calming measure requires buy-in and support from the community. As a community, we need to consider whether there's an issue on Home Road. What are the vehicle counts, cyclist & pedestrian counts, accident data, length of delays and so on? Does the problem occur all-day or only at certain times or certain seasons. Low-cost measures should be implemented first. Self-enforcing measures (that don't require police enforcement) are generally successful: speed humps in-

stead of speed reductions. Measures that don't restrict residents' access to the community are also preferred. Once the solution is in place, follow-up reviews need to take place to see whether the community is satisfied that it worked. Traffic-calming measures may not necessarily reduce traffic volumes.

Ultimately, any traffic calming solution must result in safer streets for everyone – motorists, pedestrians and cyclists alike. It can preserve the liveability of a neighbourhood and, if attractively designed, can enhance the streetscape. Reduced vehicle speeds, a reduction of short-cutting through local streets, minimized conflicts between street users, and an enhanced environment are just a few of the results of successful traffic calming measures.

An advance arrow is being proposed. Do you want to see one at this location on 16th Ave. NW?

There's an Open House planned for early April to discuss this item along with further updates on the proposed bike lane on Home Road, and some safety upgrades at the various crosswalks adjacent to this intersection.

If this is of concern to you, please plan on attending.

*Janice Mackett,  
Planning Committee Chair*

## MONTGOMERY RECIPE REVIEW

### George's Versatile Rub

Now that grilling season is coming, it is the perfect time to make a batch of this dry rub. It goes well on any meat, and is awesome on potatoes, sliced, diced, and perfect on wedges. Here, I cut some chicken breast into fingers, then sprinkled the rub on all sides, and baked, turning after 10 minutes, until done. Add more rub, before cooking, if you want it a bit spicier.

4 tbs paprika and kosher salt  
3 tbs onion powder and garlic powder  
2 tbs smoked paprika, ground black pepper, and ground chipotle chile  
1 tbs oregano, dried thyme, and sugar.  
Blend all the above, and store in a zip-lock baggie.

*Submitted by George McMullan  
Submit your favourites to the Recipe Review, including photos if you wish at [MCAC@telus.net](mailto:MCAC@telus.net)*



# 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

#### 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.



# A New Festival in BowMont!

BBQ on the Bow is happy to announce that it will be moving to the Montgomery Community Centre September 3 and 4, 2016. In its 24th year, BBQ on the Bow is Canada's oldest Kansas City Barbeque Society (KCBS) sanctioned festival.

The event is open to the public and together with the BBQ competition, features a Kid's Que competition, food demo, beer garden and live local music, among other activities. BBQ will be available for purchase from onsite vendors.

Saturday's events will include a Chef's Choice category, where the cooks can hand in anything from lamb to salmon or any other meat of their choice, and use any garnish. These creative offerings are truly outstanding. The Kid's Que is open to kids 15 and under (with adult supervision – but no help). The kids compete in two categories: pork chops and hot dogs.

Sunday is the main competition featuring teams from across Canada and the United States. Each team competes in four categories: chicken, pork ribs, pork shoulder, and beef brisket. All categories over the weekend are judged by a team of KCBS certified judges. The winning team, also known as the Grand Champion, will go on to compete at the Kansas City Royal BBQ Competition Invitational and will be entered into a draw to compete at the Jack Daniels competition. Previous winners of BBQ on the Bow have gone on to do very well at these prestigious events.

New teams are always welcome. For more information please go to [www.bbqonthebow.com](http://www.bbqonthebow.com).

**Calgary Creative Arts Guild**  
Presents our

## Spring Art Show & Sale

**Saturday, April 9, 2016 10 am – 4 pm**

**Montgomery Community Association** 5003 16 Ave NW Calgary  
Refreshments, Door Prizes & Artwork Raffle! - No Admission Fee  
Non-perishable items for the Veteran's Food Bank gratefully accepted!

# YOUR COMMUNITY business of the month

## Montgomery Chiropractic Plus Montgomery Community

Dr. Joseph Kelly was a 17-year-old playing junior hockey when he sustained a hockey injury that was not resolved until he finally tried Chiropractic. This experience changed his life. Early positive experiences for both Dr. Oseen and Dr. Watt motivated them to also become Chiropractors.

We chose to open our office in Montgomery as it is a vibrant, established, accessible community that did not have a Chiropractor. We also saw the opportunity to be part of the revitalization. With the purchase of the old 7/11 and subsequent addition we are able to offer additional services.

Our Chiropractic Doctors work to correct the underlying problem so that symptoms, including pain, are alleviated. The techniques we use will improve your mobility, correct your posture and stabilize and strengthen your body. This comprehensive approach will result in enhanced health and help prevent injury recurrence of future problems.

With our treatments, we work to achieve the necessary structural corrections without the torque, force and the "sound production" that are often seen as being part of traditional chiropractic care. Our Chiropractic Doctors use hand-held instruments to correct spinal misalignment, joint dysfunction and nerve irritation with gentle adjustments. We care for women during pregnancy, people who have been injured in sports or in Motor Vehicle Accidents, and people of all ages.

When you call for an appointment or walk into our office you will be greeted by our experienced chiropractic assistants. Andrea has worked with Dr. Kelly for 15 years, while Molly and Kristie have begun more recently. Our Chiropractic assistants are knowledgeable about all facets of Montgomery Chiropractic Plus.

Our mission at Montgomery Chiropractic is to improve people's health through services offered. We also provide massage therapy, counseling services, nutritional advice and yoga.

Dr. Watt has spent years studying the effects of stress on the brain, and the adverse symptoms that arise from it. He uses state of the art technology to determine the ef-

fects that stress has on your brain, and what needs to be done to correct it. Through chiropractic adjustments, bio and neuro feedback, brain entrainment and relaxation exercises, he is able to coax the brain waves back into balance. This treatment has proven very effective in people with concussions or chronic stress.

Massage Therapists, Justyna and Erin specialize in therapeutic massage and both have the required 2200 education hours.

Our holistic Nutritionist Carolyn, She will review your dietary habits, concerns and conditions and then make a plan you can follow

Our counsellor, Monica Dragosz is an independent private practitioner that specializes in individual counselling.

Yoga instructors, Amber, Maria, Christine, and Rachel teach Foundation Yoga, Restorative Yoga, Gentle/Hatha Yoga and Yoga for the Healthy Spine available Monday through Thursday evenings.

Montgomery Chiropractic plus is located in the heart of Montgomery at 4704 Bowness Rd. NW. Our friendly staff would be happy to assist you and can be reached at 403-247-3231. Please check out our website [www.mcplus.ca](http://www.mcplus.ca) for additional information.

## Montgomery Chiropractic Plus

*"We want to help you feel better, and enjoy an improved state of health."*

**Services:**  
Chiropractic Care | Counseling  
Therapeutic Massage | Nutrition  
Yoga Class

---

**4704 Bowness Rd NW Calgary, AB**  
**403-247-3231**  
**[www.mcplus.ca](http://www.mcplus.ca)**



### 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) \_\_\_\_\_

\_\_\_\_\_

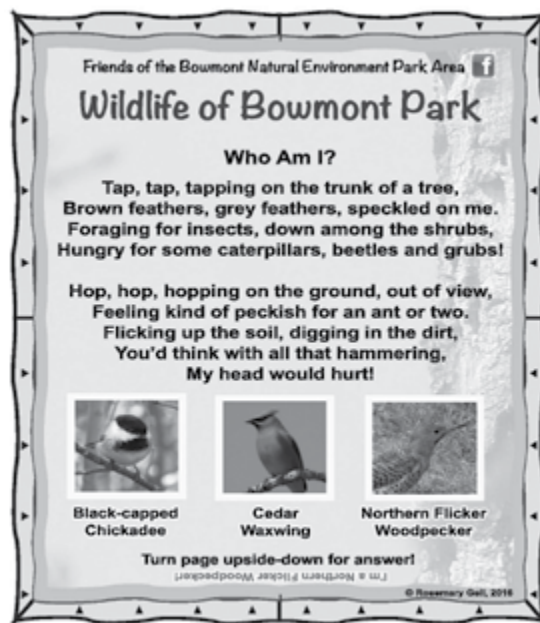
How will you share and celebrate your project? \_\_\_\_\_

\_\_\_\_\_

# 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.



## 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

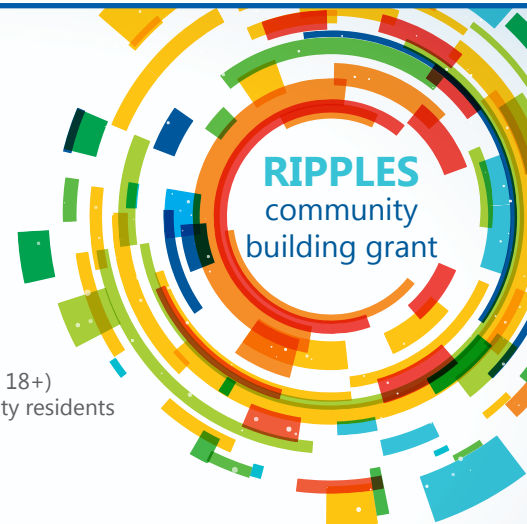
### WHO CAN APPLY?

- 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)



### 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).





# Humpty's Volunteer of the Season

Ken Faith is our Humpty's Volunteer for the Winter.

It took a while to meet with Ken Faith but we finally coordinated schedules a skill that Ken is excellent at. Ken helped to run the Montgomery Soccer program for a number of years even though he lives in the neighbouring community of Bowness.

Ken got involved because both his sons were playing soccer so he thought he might as well step up and coordinate and coach.



"I was always impressed with the commitment of the kids," Ken remarked, "I felt my role was to give them an opportunity to learn some skills and get some exercise and they were there almost all the time. Rain or snow (it is spring soccer in Calgary).

Ken's example helped pave the way for his oldest son who then coached soccer for a number of years. Ken's advice to volunteers, "You have to be committed because people are counting on you."

Thank you Ken for helping to make Montgomery a better community through your volunteering.

# 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.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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.

**EXPERIENCED RELIABLE BONDED:** residential cleaner is accepting new clients. Please call Natasha at 403-999-3603.

| Top 5 SR Types for MONTGOMERY      | SR Count     | % of Total Community |
|------------------------------------|--------------|----------------------|
| Bylaw - Snow and Ice on Sidewalk   | 76           | 27.6%                |
| Roads - Snow and Ice Control       | 10           | 3.6%                 |
| Finance - TIPP Application Request | 9            | 3.3%                 |
| 311 Contact Us                     | 8            | 2.9%                 |
| Roads - Roadway Maintenance        | 8            | 2.9%                 |
| <b>Total Top 5 SR Types</b>        | <b>111</b>   | <b>40.4%</b>         |
| <b>Total Other SRs</b>             | <b>164</b>   | <b>59.6%</b>         |
| <b>Total SRs for MONTGOMERY</b>    | <b>275</b>   | <b>100%</b>          |
| <b>Total SRs for Ward 1</b>        | <b>2,484</b> |                      |
| <b>% of Total Ward 1</b>           | <b>11%</b>   |                      |



## Montgomery Community Association Membership

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.**





## COUNCILLOR, WARD 1 WARD SUTHERLAND

P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2445 • Fax: 403-268-8091  
Email: ward01@calgary.ca  
Web: www.calgary.ca/ward1

Good-bye February, hello March! I am pleased to provide residents with an update on the Parks projects in Montgomery.

### Bowmont Natural Environment Park

A review of current management practices, resource protection and land use within Bowmont Natural Environment Park is being undertaken to better balance resource protection with current and future land use. This review will include public engagement and a communication strategy. Stakeholder engagement was completed. A "What We Heard" Report has been posted on The City website. A draft of the Management Plan is underway.

The land use designations of parcels within Bowmont Natural Environment Park are being reviewed, to reflect current and future uses and activities within the park. A land use application has been submitted.

### East Bowmont Park

Water Resources identified the East Bowmont Natural Park site as a potential storm water quality retrofit project location. The plan addresses all of the lands formerly known as the Klippert property and those immediately adjacent to the former gravel pit. The goal is to provide treatment for storm water runoff in an integrated park environment; ensure sustainable public access, safety and use; restore natural areas; and upgrade other landscapes and amenities within the surrounding area.

### Bow River Pathway, Hextall Bridge Pathway

The high water during the 2013 flood event caused significant damage to the regional pathways on both sides of the Bow River, under the Shouldice and Hextall Bridges. Both pathways show visible settlement and lateral displacement from the bridge abutments. Pathways are sloped, up to 5% in some locations. Gabion structures supporting the pathways are visibly bowed on both sides. The work has been deemed eligible for cost recovery under the Disaster Recovery Program by the Province of Alberta. The preliminary planning design is complete. Applications for regulatory approval will be submitted shortly.

### Coffee with the Councillor

Wednesday, March 9, 2016

6:30 pm - 8:00 pm.

Bowness Library, 6532 Bowness Rd NW

All residents welcomed! For more information, contact my office at ward01@calgary.ca or call 403-268-2430.

For more information on community updates and municipal news, sign up for my monthly E-Newsletter at [www.WardSutherland.com](http://www.WardSutherland.com) or visit: [www.calgary.ca/ward1connect](http://www.calgary.ca/ward1connect).




## CALGARY COIN SHOW

**March 19 & 20, 2016**  
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## IN & AROUND CALGARY

### Community Advisory Group - Get Involved

Building resiliency to flooding is a top priority for The City. Since the 2013 flood, we have repaired, restored and recovered from devastating and costly flood damage. With much of the recovery well on its way, our focus is to ensure we build flood resiliency by implementing the 27 recommendations of the Expert Management Panel on River Flood Mitigation.

Now, we are advancing further by developing a comprehensive suite of mitigation measures for Calgary through a consultative, citizen-focused approach.

#### The best decisions involve community input

In the upcoming months, The City will be meeting with citizens, stakeholder groups, community organizations and orders of government. The input gathered will be used to develop The City's comprehensive suite of flood mitigation measures for the Bow and Elbow rivers.

#### Join the Community Advisory Group (CAG)

The City of Calgary is looking for community members from 2013 flood-affected and non-flood affected communities, business and interested representatives to participate in the Flood Mitigation Measures Community Advisory Group.

The Community Advisory Group will provide input concerning flood mitigation measures to The City, who will then make recommendations for decisions by Council.

#### Apply Now

Join us in developing the comprehensive suite of flood mitigation measures which will protect citizens, properties, critical infrastructure, vital services, communities and downtown from future river flood events.

To learn more about the selection process and to participate in the Community Advisory Group please visit [www.calgary.ca/General/flood-preparation/Pages/StayInformed/Measures-Assessment-project.aspx](http://www.calgary.ca/General/flood-preparation/Pages/StayInformed/Measures-Assessment-project.aspx)

There are many opportunities to get involved and to share input in addition to the Community Advisory Group. For more information on the project, the Community Advisory Group and engagement opportunities, please visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo).

## Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, [www.srcacalgary.ca](http://www.srcacalgary.ca) where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

## 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).

# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**USED DESIGNER CHILDREN'S CLOTHING AND TOY SALE:** Montgomery Community Association Hall, 5003-16 Ave NW, Saturday April 16, 8am-2pm.



**Animal Trivia**

**A bird requires more food in proportion to its size than a baby or a cat.**

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## IMPORTANT NUMBERS

| ALL EMERGENCY CALLS                     | 911            |
|---|----------------|
| Alberta Adolescent Recovery Centre      | 403.253.5250   |
| Alberta Health Care                     | 403.310.0000   |
| AHS Addictions Hotline                  | 1.866.332.2322 |
| ATCO Gas – 24 Hour Emergency            | 403.245.7222   |
| Calgary HEALTH LINK 24/7                | 811            |
| Calgary Police – Non Emergency          | 403.266.1234   |
| Calgary Women's Emergency Shelter       | 403.234.7233   |
| Child Abuse Hotline                     | 1.800.387.5437 |
| Kids Help Line                          | 1.800.668.6868 |
| Child Safe Canada                       | 403.202.5900   |
| Distress/Crisis Line                    | 403.266.4357   |
| ENMAX – Power Trouble                   | 403-514-6100   |
| Poison Centre - Alberta                 | 1-800-332-1414 |
| HOSPITALS / URGENT CARE                 |                |
| Alberta Children's Hospital             | 403.955.7211   |
| Foothills Hospital                      | 403.944.1110   |
| Peter Lougheed Centre                   | 403.943.4555   |
| Rockyview General Hospital              | 403.943.3000   |
| Sheldon M. Chumir Health Centre         | 403.955.6200   |
| South Calgary Urgent Care Health Centre | 403.943.9300   |
| South Health Campus                     | 403.956.1111   |
| OTHER                                   |                |
| Calgary Humane Society                  | 403.205.4455   |
| Calgary Parking Authority               | 403.537.7000   |
| SeniorConnect                           | 403.266.6200   |
| Calgary Kerby Elder Abuse Line          | 403.705.3250   |
| Alberta One-Call Corporation            | 1.800.242.3447 |
| City of Calgary                         | 311            |
| Kerby Centre for the 55 plus            | 403-265-0661   |
| Community Mediation Calgary Society     | 403.269.2707   |
| RNR Lockworks Ltd.                      | 403.479.6161   |
| Road Conditions – Calgary               | 511            |
| Weather Information                     |                |
| Gamblers Anonymous                      | 403.237.0654   |

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### MLA CALGARY-VARSITY STEPHANIE MCLEAN

#101, 5403 Crowchild Trail NW  
Calgary, AB, Canada T3B 4Z1  
Phone: (403) 216-5436 • Fax: (403) 216-5438  
[calgary.varsity@assembly.ab.ca](mailto:calgary.varsity@assembly.ab.ca)

Friends,

February has been a busy month for the constituency of Calgary-Varsity. We had the opportunity to engage with many of you in the community and learn more about your individual interests. This month we celebrated a number of remarkable birthday milestones in Varsity – including one resident who celebrated her 102nd Birthday in January. Our office was happy to provide a celebratory scroll commemorating this remarkable birthday milestone. As always, we welcome the opportunity to celebrate you or your loved ones in Varsity by way of an official commemorative scroll.

We learned even more this month about the community of Montgomery at their Annual General Meeting. First and foremost we learned how passionate and active the members of the Montgomery board are about their community and service to residents. We are looking forward to meeting further with members of the Montgomery community association in the coming months.

Our office has also been busy assisting many community kitchens whose operations have been shut down by the municipality. We are assisting with amending applications for provincial grants in order to help these kitchens afford the municipally mandated changes. We encourage community members to contact their city councillors to discuss the issue more fully.

Varsity has much to celebrate this month on a provincial scale, as the constituency has been set apart by its MLA being recognized within the Government. Our MLA, Stephanie McLean, has been appointed Minister of Status of Women and Minister of Service Alberta on February 2, 2016. Varsity has not had an MLA appointed to a ministerial portfolio in more than a decade. Our office believes this elevation serves as provincial wide recognition of the constituency and raises the profile Calgary-Varsity.

We would like to thank the many constituents who have offered their congratulations to Minister McLean on her appointment, and want to assure all residents and our community partners that we will continue to provide the same level of service through our office.



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