

FEBRUARY 2017

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MICA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

**"NO BEAUTY SHINES BRIGHTER THAN
THAT OF A GOOD HEART"**

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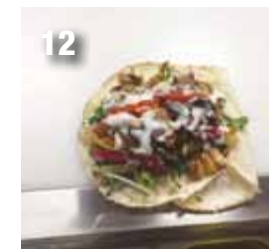
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Working Together for a Better Community



MONTGOMERY COMMUNITY ASSOCIATION

5003-16 Avenue NW, Calgary, AB T3B 0N2
 Tel: 403-247-3116 • Fax: 403-247-3150
 manager@mcapeople.ca

Delivered monthly to 2,400 households and businesses for 2 years!

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mcac@telus.net
 All editorial content must be submitted by the 1st of the month for the following month's publication.

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Published by Great News Publishing

Serving Calgary communities for 28 years
 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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 Calgary, AB
 T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Montgomery Community Association and Great News Publishing.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Montgomery Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



MONTGOMERY COMMUNITY ASSOCIATION

Annual General Meeting

February 27, 2017
 7pm

Montgomery Community Centre
 5003-16th Ave NW, Corner of Home Road and 16th Ave
 Please join the MCA board of directors for an evening. Get to know us...Come and see what is going on in your community.

Membership sales from 7-7:30 pm

Elections and Annual Report 7:30 pm

Community Social to follow. (Wine & cheese)

Montgomery Spring Soccer 2017

U-4 to U-12 REGISTRATION

Find us at <http://www.montgomerysoccer.ca>

IN HOUSE REGISTRATION

February 27th 6-8 pm
 Montgomery Community Centre
 5003 16th Ave NW

Deadline for reg. March 17th 2017

403-247-3116

Volunteer coaches needed



Dr. Christine Lilje Dr. Lauren Vredenburg Dr. Jennifer Maguire

QUALITY WORK IN A FRIENDLY ENVIRONMENT

COME CHECK US OUT!

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1910-20th Ave NW, Suite 206
 (one traffic light north of 16th Ave Home Depot)
 403-284-3061

Executive

President	Marilyn Wannamaker	403-286-0175
Vice-president	Russel Ens	
Treasurer	George McMullen	
Secretary	VACANT	

Staff

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

Directors

David Baker, Trevor Dreher, Dave Barton, Ellen Kerkhoven, Trevor Poffenroth, Rhonda Zander, Ron Aubrey, Janice Mackett

Elected Representatives

City Councillor	Ward Sutherland	403-268-2430
MLA Calgary	Stephanie McLean	403-216-5436
Varsity		
MP	Len Webber	587-885-1596

Contacts

Community	Damian Price	
Liaison Officer	pol3442@calgarypolice.ca	403-428-6200

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
Like us on Facebook: MontgomeryCA



Follow us on Twitter: @mcapeople
Subscribe to E-News: 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, call 403-247-3116, or email 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 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. High quality photos are also welcome.

PLANNING COMMITTEE

New Permits

The Planning Committee received just over 40 applications for various permits including Development permits and Land Use Amendments. This represents a 30% increase in what we saw the year before. It was certainly a busy year for our community.

Over the past several weeks we reviewed the following applications:

- DP2016-4941 at 4539 Bowness Road NW: A New 4-unit two-storey residential development; two of the units had basement suites and since they were under a certain square footage they weren't counted as additional units
- DP2016-3779 at 4907 21 Ave NW: New Semi-Detached Dwelling with Garages
- DP2016-5061 at 1717 43 Street NW: New Semi-Detached Dwelling with Garages
- DP2016-5176 at 4704 22nd ave NW: New Single Detached Dwelling

Janice Mackett
Planning Committee Chair

Nursing Students' Greeting

Hello!

We are 2nd year University of Calgary Registered Nursing Students and we are excited to be in the Montgomery community this semester. Some of you may know our ongoing presence through our involvement with the monthly Seniors' Social hosted by the Montgomery Community Association. Our focus as students this semester is learning about community health and well-being. If you have ideas for promoting health and well-being in your community, we would love to hear from you. We are at the Montgomery Community Association on Mondays and most Tuesday afternoons so please feel free to drop by, or if you are over 60, come visit us at the next monthly social.

Warmly,
University of Calgary Nursing Students

FEBRUARY SOCIAL
27 February 2017
12:30PM - 3:00PM
Montgomery Community Association

Featuring:
Foundations
for the Future
High School
Concert Choir

For ages 60+ with MCA or AAA Membership



11th Annual Montgomery Clean-Up & Recycling Event

It's not too early to start organizing your home, basement, garage, shed and yard waste.

This year's event will be held **Saturday, May 6** at the Montgomery Community Centre (5003 16 Avenue NW).

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.

Gather your recyclables – Bring used tires, bicycles, scrap metals, electronics, small and large appliances for refurbish or recycle.

Extra garbage – Bring the extra garbage from your yard or laneway after you've squeezed as much as you can into your black bin.

Old mattresses – 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 materials, 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

Stay tuned for more information at mcapeople.ca and in upcoming newsletters.

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



You
have a
lot riding
on *us*
getting it
right.

**You don't take clean drinking
water for granted — and neither
do we.**

Calgarians put a higher priority on clean drinking water than any other Canadians... but you're also more confident in the people and systems that deliver water to your taps.*

For Calgary's city employees, your expectations spur us on to do even better.

As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

CUPE

Calgary's city employees
Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey

Montgomery Community Association

Sports Registration

Applicants Name: _____ DOB _____
 Address: _____ Postal Code: _____
 Soccer Program Level U- _____ Community you reside in: _____
 Parent/Guardian Name(s) _____
 Telephone #: _____ Cell # _____
 Parents or Guardian Email address _____ (mandatory)

To be filled in by Soccer committee

Soccer program fees/ Born

Uniform dep not required	2013	Jan-Dec. U-4.....	\$50.00	_____
Uniform dep. Not required		U- 6.....	\$50.00	_____
	2009-2010	U- 8.....	\$70.00	_____
	2007-2008	U-10.....	\$70.00	_____
	2005-2006	U-12.....	\$85.00	_____

\$ 50.00 Volunteer Fee Paid / Waived _____

**** Volunteer position signed up for _____

****Community membership required to play Membership # _____

\$ 20. Montgomery _____

\$ 25. Outside community..... _____

March 7th 2017 Dead line Total Fees \$ _____

Uniform deposit is only for U-8, 10, 12.

Cash or Cheque # _____

\$50. Uniform deposit – Separate cheque – postdated for June 30, 2017 Chq# _____

Medical Info for Emergency use only

Applicants Name: _____

 Date of birth _____
 Parent/Guardian Name(s) _____
 Telephone #: (H) _____ (W) _____ © _____
 Emergency Contact: _____
 Relation to child _____
 Phone # _____ Cell# _____
 State any illness, disability, or allergy including medication or treatments
 Required: _____

This info to be destroyed at end of season 2017

REGISTRATION DEADLINE MARCH 17-2017

Release Waiver

- This release waiver of claim and assumption of risk is binding upon me, my heirs, my executors, administrator, personal representatives, and assigns.
- I/We the parents/Guardians of the player registering with the Montgomery community soccer program, hereby release absolve, indemnify and hold harmless the coaches, managers, trainer, officials and officials appointed by the Montgomery Community soccer and I/we likewise do release from responsibility any person transporting our child to and from such activities. I/we do hereby consent to the above information being provided to all authorized persons in Montgomery community soccer, including but not limited to coaches, managers, coordinators and registrars.
- I freely and voluntarily assume any and all risks, hazards inherent in the nature of the program.

Parent/guardian Signature: _____ Date: _____

RESTAURANT REVIEW



Shawarma Palace

I recently stopped to check out the new Shawarma Palace-Montgomery then went back again and again.

Shawarma Palace is a family-run franchise with two other Calgary locations - local favourites for years. In 2014, Shawarma Palace was named a best Calgary restaurant by urbanspoon.com. Located in Montgomery's strip mall at 4632 Bowness Road NW, I was a little concerned by the exterior but they've done a thorough job of transforming the space. The menu board is simple and easy to read. The room is clean and fresh with a few small tables and wall mounted TV. To my relief everything is crisp and new from the floor to ceiling.

The menu features chicken and lamb shawarmas, donair beef and falafel wraps. For something larger you have the option to add extra meat in a wrap or order a full dinner platter with your meat of choice, garlic potatoes, and salad served over rice. To compliment your meal try a samosa, mildly spiced with garlic, cumin, pepper, onions and cardamom. For a sweet finish, honey drizzled baklava sides are available. Service was quick and helpful. Prices are good at \$8.49 and \$9.99 for medium and large shawarmas - lower than most of their competitors.

Shawarma Palace prepares your wrap fresh with your choice of garlic hummus, lettuce, onions, banana peppers, parsley, pickles and colorful pink pickled turnip. Sauce options include tahini, sweet sesame sauce or sriracha hot sauce.

I had a medium chicken/donair mix with both sweet and hot sauce. As any good shawarma wrap should be, the pita was stuffed to the brink of explosion. Medium was a good portion size for lunch, and like any good shawarma, it fell apart before I could get to the end. Just the way it should be! Flavours were rich not imposing so if you like to leave your tongue tingling, be sure to add peppers and hot sauce for zip.

If you like savory Middle-Eastern cuisine, good prices and ample portions, Shawarma Palace is a good choice for you. Welcome Shawarma Palace Montgomery!

Submitted by
David Baker

Celebrating 150 years of Canadian Wildlife!

Alberta

Who Am I?

Eyes down, ready to fight,
High in the Rocky Mountains.
Head to head, like charging knights,
We crash in the towering mountains.

Curled horns, sprightly legs,
Scaling the rugged mountains.
A battering ram is what I am,
At home in the Rocky Mountains!

Mountain Goat Bighorn Sheep Grizzly Bear

Turn page upside-down for answer!

© Rosemary Geil, 2016

Compliments of the Friends of the Bowmont Natural Environment Park Area

FEBRUARY MOON CALENDAR

	First Quarter Feb 3		Full Moon Feb 10
	Last Quarter Feb 18		New Moon Feb 26

Ripples
MONTGOMERY COMMUNITY CENTRE

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? _____

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

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.



MAKE YOUR GREAT IDEA HAPPEN

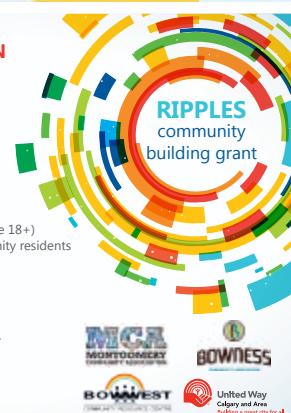
WHAT IS RIPPLES?

- 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
or contact us at ripples@bowwest.com



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/.

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

16th Annual Bowmont Natural Environment Park Photo Contest - 2016

The 16th annual photo contest sponsored by the Bowmont Natural Environment Park Amateur Photo Contest Committee is now complete.

Twenty-eight participants entered a record number of 156 photographs in 5 categories. Judging took place on November 7th, 2016. We would like to thank the 3 members of the Foothills Camera Club for their generous gift of expertise and time; Allan Brooker, Keith Walker and Gerry Clark. Photos were evaluated independently by each judge using the 10 point system for technical merit, composition and impact. To encourage new participants this year, the third prize in each category was awarded to a new first time entrant with the highest new entrant score in each category. The top rated photos are shown in the article. Following is a list of the winning participants.

CATEGORY WINNERS:

Flora:

First - Jackie de Bruyn (Winter Blanket) 29.5 points
Second - Carl Marr (The Promise of Spring) 29 points
Third - Lori-Ann Esser (Stand Alone) 25 points - New Entrant
Honorable Mention - Carl Marr (Light Hearted Crocus) 27 points

Park Users:

First - Judy Fleetham (Perfect Day) 26 points
Second - Verle Arndt (Walking in the Mist) 25.5 points
Third - Stacey Page (Zach) 24.5 points - New Entrant
Honorable Mention - Judy Fleetham (Breathtaking) 25 points

Environmental Issues:

First - Jackie de Bruyn (Juvenile Modern Art) 26 points
Second - Carl Marr (Earth Shattering) 25.5 points
Third - Niels Jensen (Big, Big Impact) 24.5 points - New Entrant
Honorable Mention - Judy Fleetham (Spooky) 25 points

Scenic Views:

First - Verle Arndt (Morning Mist) 27.5 points
Second - Judy Fleetham (Reflection) 27 points
Third - Raymond Payne (Autumn's Waterfall) 26 points

- New Entrant

Honorable Mention - Verle Arndt (Autumn Hillside) 26.5 points

Wildlife:

First - Judy Fleetham (Who's a Pretty Bird?) 30 points
Second - Ken Johnson (Fixed Gaze) 29.5 points
Third - Raymond Payne (A Blue Dragonfly) 26.5 points
- New Entrant

Honorable Mention - Ken Johnson (Poser) 29 points
Honorable Mention - Verle Arndt (Finch in Fence) 29 points

Best of Show Photos:

Each year the judges see an increase in high quality photos being submitted for the Bowmont Natural Environment Park Amateur Photo Contest. In keeping with the decision last year to encourage more new participants to become involved with the contest, the Best of Show category will now see a Best of Show honour awarded to the entry with the highest score received by the judges and a Best of Show honour awarded to the entry with the highest score for a participant who has not entered the contest in past years.

Best of Show Overall - Judy Fleetham's "*Who's a Pretty Bird?*" was judged to be the best photo of the contest and was the only photo to score a perfect 30 points. This amazing Wildlife photo is tack sharp with great details, beautiful colours and great Bokeh (soft background). Words don't do justice to this photo. This is a fantastic shot - Beautiful! Unanimously judged as a superb photo!

Best of Show for a New Participant - Robert Payne's "*A Blue Dragonfly*" scored 26.5 points and was the highest scoring entry for a new participant this year. This photo, also from the Wildlife category, is a damsel fly. The photo is well done with good composition. The rock is the perfect background. The image is very sharp with good exposure, good oblique and great colours. The wing veins give added impact.

We thank all the participants for entering their best photos. The caliber of the photos entered each year just

continues to amaze the judges as the photographers' skills improve annually.

An Awards Presentation Evening was held on November 30th, 2016 at the Silver Springs Community Centre. The majority of the contestants attended with family and friends, learned from each other's photos and were rewarded for their fine efforts. We are greatly indebted for the category winner gifts and Awards Night sponsorship donations and would like to thank our key **sponsors Silver Springs Community Association, Bowness Community Association, Montgomery Community Association, Varsity Community Association; Councillor Ward Sutherland** for the Awards Night Refreshments; **artist Peggy Eccleston** for the Best of Show painting; **MLA Michael Connolly of Calgary-Hawkwood** and the following local business sponsors from all four communities for their category prize sponsorships, as well as our deeply committed contest volunteers who make this annual event possible each year:

From Bowness:

Bow Cycle
Extreme Restaurant and Catering

From Montgomery:

Atomic Dog
Montgomery Dairy Queen
NOtaBLE Restaurant
Thairapy - Serenity and Beauty Services

From Silver Springs:

Shoppers Drug Mart
Silver Springs Liquor Store
Value Village

From Varsity:

Clotheshorse - Ladies Quality Consignment
Euphoria Café
Strange World Tattoo

From Crowfoot:

Martinizing by Stephen Cleaners

Copies of the winning photos will be displayed over the next year in the Community Centers of Silver Springs, Varsity, Montgomery, and Bowness Sports Plex.

Please watch your local community association newsletters for details on the 2017 photo contest and make sure you are out in the park all four seasons taking wonderful photos to enter in 2017. The contest entry deadline for 2017 is October 13, 2017. You can also contact Linda Knight ljknigh1947@gmail.com or call 403.288.5496 for more information and entry forms.

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.

English Practice for Immigrant Women



The New Friends and Neighbourhood Groups program offers immigrant women a place to build friendship and develop community support as well as:

- Practice English conversation
- Make new friends
- Learn about resources in your neighbourhood
- Share your experiences and stories

Free childcare provided (6 months - 6 years)

16 locations across the city

Contact: Debra Colley | 403-444-1752 | debrac@ciwa-online.com

www.ciwa-online.com

News from the Friends of Nose Hill

by Anne Burke

Calgary has over 8,000 hectares of parkland and natural areas, including 800 kms. of pathways. Public off-leash areas are also multi-use, so let's share these spaces. It is illegal to harass wildlife in parks and natural areas. Keep dogs on leash on paved pathways, even in an off-leash area if wildlife are near. Better to be safe than sorry. Keep your dog away from porcupines and coyotes.

Conservation in an urban world means protecting natural areas, according to Alberta Wilderness Association guest speaker Chris Manderson, urban conservation lead for the City Parks Department. He explored how Calgary has been shaped by its natural environments and, in turn, how they are impacted by a growing city of 1.2 million in an urbanising world. Although Calgary is blessed with a rich fabric of parks and protected areas, he acknowledged some of the new challenges and approaches to protecting Calgary's natural heritage. The Alberta Wilderness Association is a non-profit, federally registered, charitable society since 1965. Dedicated to the completion of a protected areas network and conservation of wilderness, the group has a provincial office and resource centre in Calgary, active members, volunteers, and sponsors in Alberta and beyond. Go to: www.albertawilderness.ca.

Since 1996, communities have had the option to pay a public tax for enhanced landscape maintenance in parks and other green spaces.

Usually, community associations and residents organizations are responsible for overseeing irrigation, weed management, mowing, trimming, and cleanup. The levy per household ranges from \$39 to \$219. City-wide standards for local parks were reviewed. If a \$5 levy was added city-wide, the increase would not be enough. Instead, the Canada 150 banner/flower pilot program in 16 communities will be extended for another two years and possibly expanded. Using native plantings instead of annuals would help reduce cost and watering. The City will ask for feedback, partner with garden and community groups, and explore options. The focus will be on community entrances, major intersections, and open spaces. The plan is to introduce flower beds and street light banners in each community. The aim is to add 20 communities a year, while 14 communities were involved in the This Is My Neighbourhood program. www.engage.calgary.ca/TIMN.

Alberta Ecotrust announced a 2nd annual Environmental Gathering: "Breaking Through", Feb. 23 – 25, 2017 at the Shaw Conference Centre, in Edmonton. Details are at www.albertaecotrust.com.



Montgomery Real Estate Update

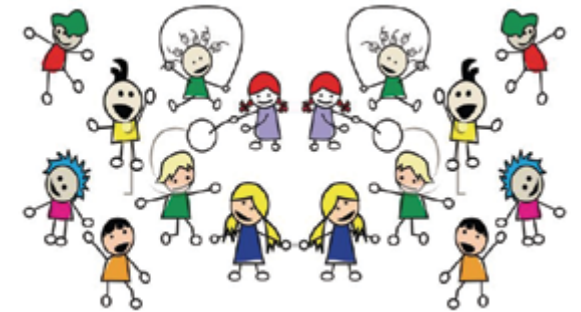
Last 12 Months Montgomery MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$678,900	\$660,000
November 2016	\$429,900	\$420,000
October 2016	\$529,000	\$526,000
September 2016	\$495,000	\$450,000
August 2016	\$453,900	\$425,000
July 2016	\$407,777	\$425,000
June 2016	\$524,900	\$515,000
May 2016	\$414,950	\$404,750
April 2016	\$484,500	\$484,000
March 2016	\$427,000	\$411,000
February 2016	\$489,900	\$490,000
January 2016	\$410,000	\$390,000

Last 12 Months Montgomery MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	3	1
November 2016	3	5
October 2016	5	1
September 2016	3	5
August 2016	6	2
July 2016	4	3
June 2016	3	5
May 2016	7	4
April 2016	2	2
March 2016	4	1
February 2016	8	3
January 2016	3	1

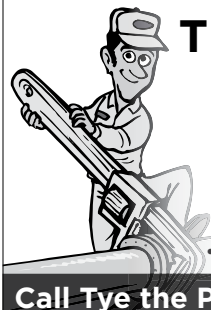
To view more detailed information that comprise the above MLS averages please visit montgomery.great-news.ca



Playgroup & Parent-Child Mother Goose!

Ready 4 Learning is happy to partner with the Montgomery Community Association to offer Tuesday morning playgroup! Parents with children ages 0-5 are welcome to drop in for a play and a chat with your neighbours in Montgomery and friends from Bowness. Playgroup will run every Tuesday morning from 10-11:30. Support the group by buying a community association membership at the MCA Office.

Parent-Child Mother Goose classes will continue at the MCA teaching songs, rhymes and stories to parents with children ages 0-3. This is a free program for community residents. To register, please contact LisaH@caryacalgary.ca or 403-717-3975. Classes start Tuesday January 10, 2017. For more information go to www.Ready4Learning.org



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- All your household plumbing & gas fitting needs
- Northwest residence
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16th Avenue NW Beautification Project 2017

We now have an update on the progress of the 16th Avenue NW Beautification Project. The team at the City is currently working on the drawings and they plan to have the design completed by the end of February. There are no significant changes to the design from when it was first presented to the community early last year. The planned construction start is this April or May. I'm looking forward to seeing this project take shape.

Janice Mackett
Planning Committee Chair



Leading a Jane's Walk in Calgary

A "How To" Workshop

Date: Wednesday, March 15th

Time: 7:00 – 9:00 pm (light supper provided at 6:30 pm)

Location: St. Louis Hotel 430 – 8th Ave SE Calgary

Jane's Walk is a weekend of free neighbourhood walking tours held in cities around the world each May. If you're curious about leading a Jane's Walk, The Calgary Foundation and The City of Calgary invite you to attend a "how-to" session where you will receive step-by-step instructions on how to bring your ideas and neighbourhood to life through a walking tour. This event is free and light dinner will be provided at 6:30 pm. For more information or to register go to: <https://2017calgaryjanewalk.eventbrite.ca> A mini Jane's walk will also take place during the workshop in and around the historic St. Louis hotel. This is Calgary's 10th year of Jane's Walk and a very special year to get involved.

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.

Projects bordering our neighbourhood continue to progress albeit at a slower pace given the holiday season and the plunge in temperatures over the past few weeks.

Ellis Don Construction Services and PCL Construction Management are diligently working on their proposals in order to secure a successful bid as the Calgary Cancer Project's design-build team.

The construction of Lot 1 at the Foothills Medical Centre continues with the implementation of just under 300 piles that will begin to form the base of the structure. Alberta Health Services encourages potential users to use Lot 10 on the west side of the Centre, and also the underground parkade at McKaig Tower where the +15 is available to connect to the main hospital.

Construction on The University District's new 5,000 sq. ft. Discovery Centre is underway. Anticipated opening has been updated and is targeted for March 2017. The Centre will be located on University Avenue, north of the Children's Hospital.

New to the list of projects are the Brentwood and Dalhousie Co-op Centre locations. Preliminary discussions with The City of Calgary, Planning and Building Department, have begun regarding proposed redevelopment to both locations.

Rhonda Zander
Planning Committee Member



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.

University District Discovery Centre

Discovery is defined as “Seeing what everybody has seen, and thinking what nobody has thought.”

At University District, we start 2017 as excited to satisfy Calgary’s curiosity as we were to sparking it in 2016.

We have some news to share about the future place for in-person get-togethers.

We are now pleased to reveal the University District Discovery Centre as it gets set to be a future central home for community connections and to showcase what’s to come from a design perspective.

Personal connections both on and offline are at the forefront of our community — The Discovery Centre will further our commitment to fostering relationships. Our Fall Circle the Wagons festival was wildly entertaining, but those at our pond-side Meet the Builders event with Calgary Philharmonic Orchestra know exploring the future of University District together face-to-face is especially meaningful.

It’s where we will meet, learn, and explore together what the near and long-term future of these important lands looks like, as Northwest Calgary’s new community is conceived, takes shape and blossoms with character.

The Discovery Centre site is being built just north of the Alberta Children’s Hospital on University Avenue. The foundation has been laid for a 5,000 square feet interactive, informative, and oh-so inviting hub. And an agenda of planned activities is coming together so we can too, and often!

Circle the month of March for our opening. We will welcome Calgarians with University District’s Discovery Centre door-opening celebration via our newsletter and on our social channels. Please follow and engage with us to keep updated on the latest and greatest within our community:

“Quite literally, excitement is building,” says Maureen Henderson “University District Discovery Centre will surprise, stimulate and set the stage for the new wonders in the city’s Northwest.

We look forward to welcoming everyone in March over plans, ideas, dreams and a great cup of coffee or three.”



Triple A Activity Schedule for February!

MONDAYS

- **Ladies Social Coffee Craft Club at SACA:** Feb 6 & 27 9am to Noon, Feb 13 9am to 3pm bring a lunch
- **Senior Fitness at VCA:** 9:15 to 10:15am
- **Zumba Gold at SACA:** 10:30 to 11:30am Drop-ins welcome
- **50+ Chinese seniors gathering at ECA:** 10am - Noon, Cantonese & Mandarin spoken, come and meet some new friends and sing, dance, share games, pot luck lunches. For more information contact 403 269-6122
- **Country Line Dancing at VCA:** 11am to Noon
- **Zumba Toning Gold at SSCA:** 11am to Noon
- **Senior’s Yoga at SSCA:** 12:15 – 1:15 (Registration Required)
- **Seniors Card Club at VCA:** (Canasta and Bridge): 12:30 – 3:30pm
- **Senior’s Social at MCA:** Last Monday of the month 1:00 to 3:00pm. Join us for a pot luck lunch and then a presentation and/or cards and games.
- **Fun & Games at SSCA:** 1:30 to 3:30pm
- **HATHA Yoga at VCA:** 8:15 – 9:15pm

TUESDAYS

- **Zumba Gold at DCA:** 9:15am
- **Seniors Yoga at VCA:** 10:00 – 11:30am
- **Single Ladies Get Together at SACA:** Feb 14th & 28th 10:30am to Noon
- **Beginner Dancing at SACA:** 10:30 to 11:30am Drop-ins welcome
- **Intermediate Dancing at SACA:** 11:35am to 12:35pm Drop-ins welcome
- **North Ladies Duplicate Bridge at VCA:** Noon – 3:00 pm
- **Varsity Artist Colony at VCA:** Noon – 3:00pm
- **Book Club at SACA:** Feb 7th 1 to 3pm
- **Quilting Group at SACA:** Feb 21st 9am to 3pm
- **Qigong at SSCA:** 12:15 to 1:15pm (Registration Required)
- **Pickleball at SSCA:** 1:30 to 3:30pm \$5 Drop in fee
- **Varsity Book Club at VCA:** 1st & 3rd Tuesday 7:00 – 9:00 pm

WEDNESDAYS

- **Walking Club at SACA:** departing from SACA at 9:15am sharp. FREE!
- **Senior Fitness at VCA:** 9:15 – 10:15am
- **Ladies Bridge at VCA:** 12:30 – 3:00pm

- **Fun & Games at SACA:** 12:45 to 3:45pm - \$2 Drop in Fee
- **Cribbage at DCA:** 1:30 to 3:30pm

THURSDAYS

- **Walking Group at VCA:** 9:15 to 10:00 am
- **Zumba Gold at DCA:** at 9:15am
- **Yoga Basics at SACA:** 9:15 to 10:45am Drop-ins welcome
- **Qigong at SACA:** 9:30 to 10:30am Drop-ins welcome
- **Tai Chi at VCA:** 11am to Noon
- **Laugh & Learn at SACA:** Feb 2 1:00 to 2:00pm – FREE! Topic TBD
- **Mah Jong at SSCA:** 12:45 – 3:30pm
- **Artist Gathering at SACA:** Feb 9th & 23rd 1:00 to 3:30pm \$2 Drop in Fee
- **Intermediate Line Dancing at SSCA:** 1:00 to 2:00pm (Registration Required)
- **Beginners Line Dancing at SSCA:** 2:00 to 3:00pm (Registration Required)
- **Pickleball at SSCA:** 7:00 to 9:00pm \$5 Drop in fee

FRIDAYS

- **Zumba Gold at SACA:** 9:15 to 10:15am Drop-ins welcome
- **Seniors Yoga at SSCA:** 11am – Noon (Registration Required)
- **Pickleball at SSCA:** Thursdays 1:30 to 3:30pm \$5 Drop in fee

Location List with contact information

- **DCA - Dalhousie CA**
403.286.2555 admin@dalhousiecalgary.ca
- **ECA - Edgemont CA**
403.241.9493 office @edgemont.ab.ca
- **MCA - Montgomery CA**
403.247.3116 mcac@telus.net
- **SACA - Scenic Acres CA**
403.547.9589 scenicacresca@shaw.ca
- **SSCA - Silver Springs CA**
403.288.2616 sscac@shaw.ca
- **VCA - Varsity CA**
403.288.9001 vcapro@telus.net





The Common Redpoll A Winter Migrant to Alberta

Article by J.G. Turner
Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scarce when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.
- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up,

then find a sheltered and safe spot to shell and eat the seeds at their leisure.

- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



Councillor, Ward 1
Ward Sutherland

P.O. Box 2100, Station M Calgary, AB, Canada
T2P 2M5
Phone: (403) 268-2430 • Fax: 403-268-8091
Email: ward01@calgary.ca
Web: www.calgary.ca/ward1

My office has received inquiries from seniors struggling with household cleaning and snow shoveling. I would like to inform residents about Fair Entry, programs and services for low income Calgarians. Fair Entry is an application process for City-subsidized programs and services. This process will assess your income eligibility for five City programs with one application.

The City funds a program called Seniors Services Home Maintenance (SSHM). SSHM helps low income seniors to live safely and securely in their own homes. The program provides these clients with basic yard care, snow removal, house cleaning, interior & exterior painting and minor repairs.

Who is eligible?

Seniors (65+) who:

- Are unable to do basic house or yard work
- Do not own other property
- Have no person living in the home who could perform basic housecleaning, yard work or snow shovelling
- Are without family, community or other home maintenance service supports
- Meet one of Fair Entry's eight ways to qualify for this and several other City subsidized programs and services. Find out if you qualify and apply online at Fair Entry.

Older adults who meet the eligibility criteria are placed on a wait list for service. An assessment of need based on the considerations noted below, determines priority for service as high, moderate or low. In most cases, those with high and moderate needs will be served first, and those with low needs referred to other support services where available. To meet operational needs, service may be provided based on proximity to current clients or geographic zone availability, regardless of priority rating.

To find out about other City of Calgary programs and services that are offered, visit <https://faireentry.calgary.ca>

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing
at 403-263-3044 or sales@great-news.ca

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.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

CPR CLASSES FOR INDIVIDUALS OR GROUPS: (\$75 for individuals. \$65 for individuals in groups of two or more). Weekends, evenings and some day times are available. Contact Brian at 403-253-7475 or email bs0463@yahoo.com.

UNIVERSITY DISTRICT WILL BE OPENING THE NEW DISCOVERY CENTRE IN MARCH! It will be a central hub for community connections where we'll showcase the neighbourhood, home options, and much more. Meet, learn, and explore University District and how life works here. Sign up for more information at www.myuniversitydistrict.ca.

VOLUNTEERING
is good for the soul



Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 403-220-0888
 len.webber@parl.gc.ca

It's tax time!

It is tax time and you may require assistance when filing your taxes and the Canada Revenue Agency (CRA) can help. They offer service in both official languages as well as via TTY service. Their website at www.cra.gc.ca is an invaluable source of information for the 26 million tax filers in Canada.

Most Canadians get a tax refund and so it pays to file your taxes. Low-income Canadians must file a tax return to access certain income support programs. Free tax preparation software is available at www.cra.gc.ca/netfile.

It is important to avoid tax scams! The CRA will NEVER communicate with you via email. If you get emails regarding your taxes, they are not legitimate and should be deleted immediately without opening the attachments. If you receive a phone call from someone saying they are from the CRA and you are unsure if it is legitimate, hang-up and call the CRA directly and they will be able to call up your file and address any issues. Never give personal information to a stranger.

Through the Community Volunteer Income Tax Program (CVITP), community organizations host free tax preparation clinics and arrange for qualified and security-cleared volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation. To see the clinics in Calgary, please visit www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/calgary-ab-eng.html or call 1-800-267-6999.

If your enquiry requires CRA to access your account and release or update personal information, they will ask you to identify yourself. Please be prepared to provide the following:

- your social insurance number or business number;
- your name or business name;
- your complete address or complete business address;

- your date of birth (individual accounts only);
- for individual and trust accounts, details from your account or your most recently assessed return, notice of assessment, reassessment, or other tax document; and
- for business accounts, details from your business account or your most recently assessed business-related tax information return.

If you wish to deal with the CRA on someone else's behalf, you must be an authorized representative.

For a full list of contact numbers for the various departments at CRA, please visit www.lenwebber.ca/need-help-with-your-taxes/.



Valentine Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

COMMUNITY ANNOUNCEMENTS

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.



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

Friends,

With the start of February, we are firmly in the new year. I hope everyone had a restful January and a chance to put their new year's resolutions into practice. Late January also marked the Chinese New Year and the start of the Year of the Rooster. I had the wonderful privilege of attending a celebration at the Chinese Cultural Centre on January 28th and will be attending the Hong Kong Canadian Business Association gala in February.

Over a million Albertans have seen money appear in their bank accounts as carbon rebates have started rolling out across the province as part of the Climate Leadership Plan. About 6 in 10 households will receive a full carbon rebate. There is no need to apply, as it is based on your 2015 tax return, and to keep receiving it, you must keep filing your taxes. For more information, Albertans are encouraged to call the toll-free Government of Alberta hotline (310-0000) from anywhere in the province.

When the spring session of the Alberta legislature starts, I expect we will have a productive time addressing the concerns of Albertans. Budget 2017 will be tabled in this session, and Finance Minister Joe Ceci has been hosting public consultation meetings throughout the province. Online submissions will be accepted until February 3rd.

Throughout the winter my office will be attending Community Association meetings, AGMs, and Community programs throughout Calgary-Varsity to ensure I'm always informed about how best to represent local issues at the provincial level.

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you, or to find out where we might be out-and-about in the community!

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



** The heart and / icon, "Heart&Stroke" and "Life. We don't want you to miss it" are trademarks of the Heart and Stroke Foundation of Canada.

Life.
We don't
want you
to miss it.™

Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at heartandstroke.ca

Winter/Spring 2017 New Friends & Neighbourhood Groups Calgary Immigrant Women's Association



- Practice English and make new friends
- Sessions run from September to December and January to June
- Join anytime
- Free childcare (6 months - 6 years)

Contact:
Debra Colley at (403-444-1752) or debrac@ciwa-online.com

Thornhill Group (Judith Umbach Library) 6617 Centre Street N (Judith Umbach Library) Mondays 10AM - Noon (Jan 9 - June 19)	Shawnessy Library Group 333 Shawville Blvd S.E (Program Room) Mondays 1-3 PM (Jan 9 - June 19)
Manchester Group 5717 2nd Street SW (2nd Floor Program Room) Tuesdays 10AM - Noon (Jan 10 - June 20)	Varsity Group 4612 Varsity Drive N.W (Varsity Acres Church Cafe) Tuesdays 10AM - Noon (Jan 10 - June 20)
Beddington Group 16 Bermuda Drive N.W (Agape Language Centre) Tuesdays 1-3PM (Jan 10 - June 20)	Fish Creek Library Group 11161 Bonaventure Drive S.E (Program Room) Tuesdays 1-3 PM (Jan 10 - June 20)
Westbrook Group (Nicholls Family Library) 1421 33 Street SW (Program Room) Tuesdays 1-3 PM (Jan 10 - June 20)	Bowness Group 4712 21st Avenue N.W (New Life Church Basement) Wednesdays 10AM - Noon (Jan 11 - June 21)
Edgemont Group 224 Edgeburn Lane N.W Wednesdays 10AM - Noon (Jan 11 - June 21)	Marda Loop Group 3818 14A Street S.W (River Park Church - Room 110) Wednesdays 10AM - Noon (Jan 11 - June 21)
Saddletowne Library Group 7556 Falconridge Blvd N.E (Program Room) Wednesdays 1-3PM (Jan 11 - June 21)	CIWA Evening Group - Ongoing all year round <i>Free Childcare (19 months - 6 years)</i> 138 - 4th Avenue S.E (Room 232) Wednesdays 5-7 PM
Ranchlands Group 7750 Ranchview Dr NW, Unit #23 (NW Islamic Centre) Thursdays 10AM - Noon (Jan 12 - June 22)	Village Square Library Group 2623 56th Street N.E (Library Program Room) Thursdays 10AM - Noon (Jan 12 - June 22)
Forest Lawn Library Group 4807 8th Avenue S.E (Program Room) Thursdays 1-3 PM (Jan 12 - June 22)	Chinatown Group 114 - 3rd Avenue S.E (Room 208) Fridays 1-3 PM (Jan 13 - June 23)

Calgary Immigrant Women's Association
 #200, 138 - 4th Ave SE | (403) 263-4414 | www.ciwa-online.com



STEP INTO WINTER

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:
perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



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There's Wealth in Our Approach.™

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CLIMB FOR WILDERNESS

SATURDAY, APRIL 22, 2017 THE BOW BUILDING

CLIMB 1188 STAIRS

SUPPORTING THE
ALBERTA
WILDERNESS
ASSOCIATION



climbforwilderness.ca