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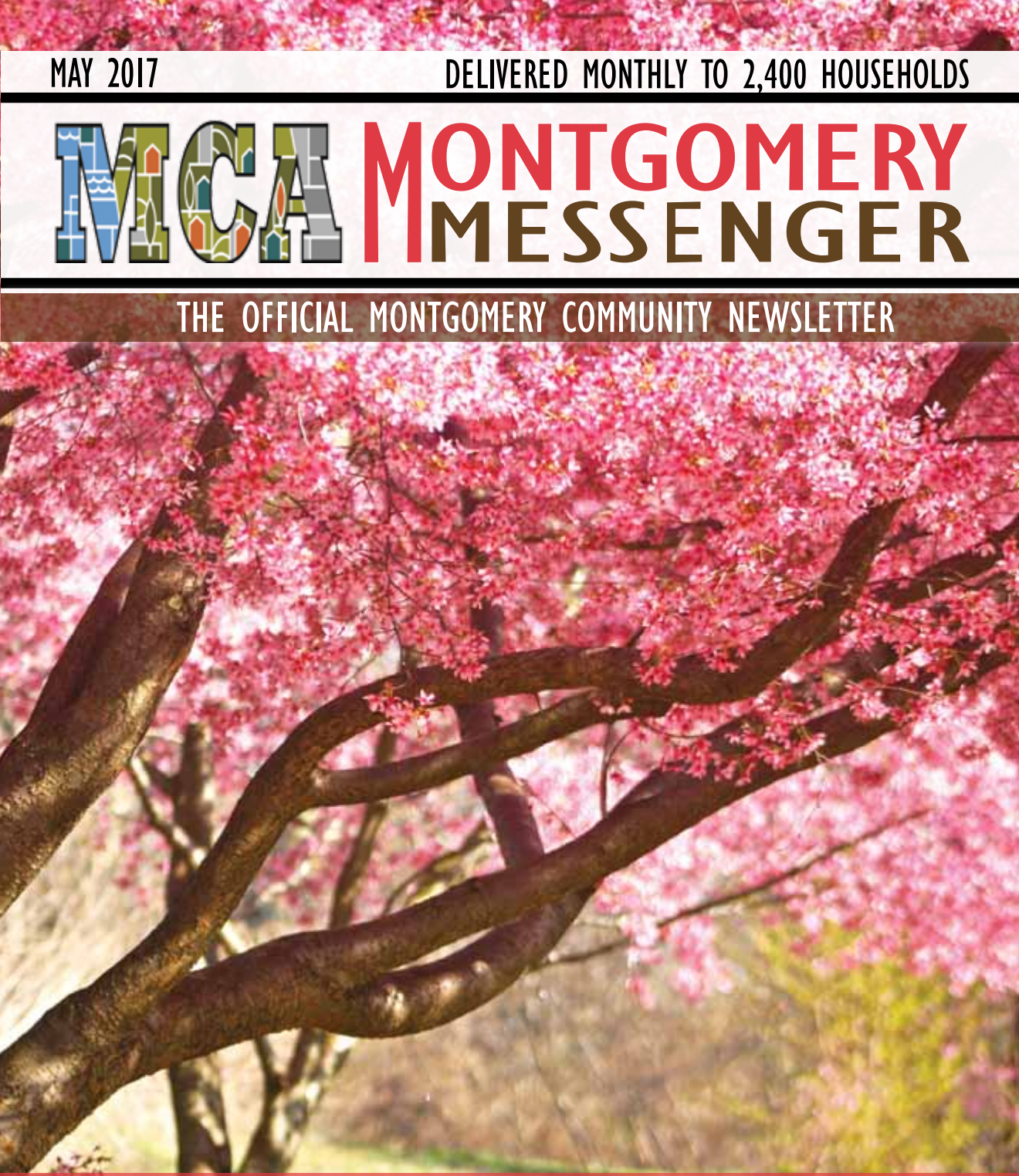
MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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MONTGOMERY COMMUNITY ASSOCIATION

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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 Weather Information	511
Gamblers Anonymous	403-237-0654

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.

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MONTGOMERY COMMUNITY ASSOCIATION

SENIOR SOCIAL

(for ages 60+ with MCA membership & AAA members)

When: Last Monday of every month (12:30PM-3:00PM)

Where: Montgomery Community Centre 5003 - 16th Ave. NW

Runs September to May

Activities: Door prizes, raffle, entertainment, board games, and a light lunch!

Contact: MCA 403-247-3116
mcac@telus.net
call with questions or if you need a ride!

MCA MONTGOMERY COMMUNITY ASSOCIATION

MCA Directory

MONTGOMERY COMMUNITY ASSOCIATION

Executive		
President	Marilyn Wannamaker	403-286-0175
Vice-president	Russel Ens	
Treasurer	George McMullen	
Secretary	Sarah Moonshiram	
Staff		
Facility Manager	Janine McAuliffe	403-247-3116
Assistant to the Manager	David Hoskyn	403-247-3116
Directors		
David Baker, Leaha Owen Ellen Kerkhoven, Trevor Poffenroth, Rhonda Zander, Ron Aubrey, Janice Mackett		
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	Damian Price pol3442@calgarypolice.ca	403-428-6200
School Board Trustees		
Public	Joy Bowen-Eyre	403-294-8121
Separate	Serafino Scarpino	403-500-2550

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mcac@telus.net
Editorial Content DEADLINE
1st of each month for the next month's issue

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 $500.00
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 manager@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 manager@mcapeople.ca. High quality photos are also welcome.

PRESIDENT'S CORNER

While I love the spring, it means construction season is here!

First, thanks to everyone for removing your cars from the road for street cleaning. It is nice to have the gravel from the winter off the road.

April saw the Main Streets amendments to the Area Redevelopment Plan go to City Council. The project team were really open to community feedback and integrated comments into the final design. The Community Association tries hard to be responsive to comments and feedback from community residents. We appreciate all the consideration and comments the residents gave to the process.

We have also met with the City of Calgary regarding the bike lane proposal for Home Road. The City has heard the concerns expressed by residents and bike lane uses. Additionally, they have heard the request for traffic calming and speed concerns along Home Road. They are reviewing the proposal for bike lanes with an emphasis on the intersections at Bowness Road and 16th Avenue and will likely be hosting another open house soon.

The 16th Avenue beautification project is set to begin this spring. The design plans can be viewed in last month's messenger, or on the City Calgary website. This project provides a more welcoming entrance to Calgary, and recognizes Montgomery as a gateway to the City.

Projects are ongoing within the community centre!

Talk soon,
Marilyn

DASH THE SPANIEL

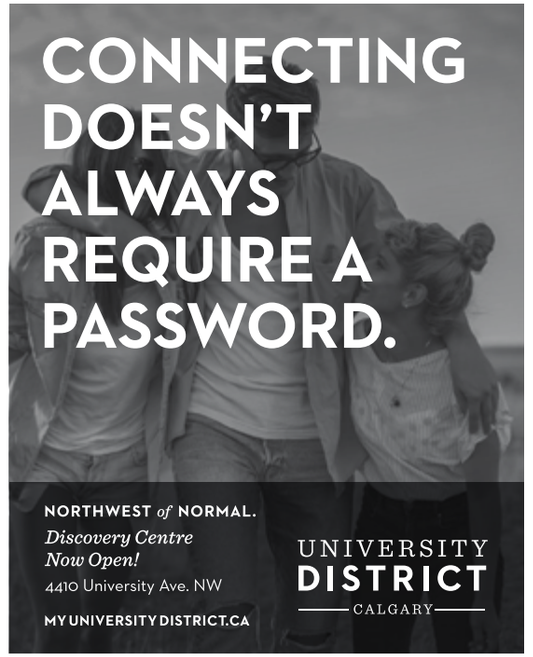
Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."

PLANNING COMMITTEE REPORT

New Permits
The Planning Committee reviewed the following applications over the past month:

- DP2017-0646 at 5216 19th AV NW (Temporary Use: Home Occupation – Class 2)
- DP2017-0855 at 4811 Bowness Road NW (Mult-unit Residential: 4-plex)
- LOC2017-0076 at 2315 Mackay Road NW to change the existing Land Use District from R-C1 to R-C1s (to accommodate a future Secondary Suite)
- DP2017-0236 at 4811 19th Ave NW (New Semi-Detached Contextual)
- DP2017-0697 at 4900-13th Ave NW (Montgomery Community Association Garbage Enclosure)
- DP2017-1121 at 4811 22nd Ave NW (Temporary Use: Home Occupation – Class 2)

Janice Mackett
Planning Committee Chair



Montgomery Pickle Ball

Drop in $5.00 per person
Tuesday 6-8pm

Paddles for rent $2.00 ea.
Free for MCA members

IN & AROUND SCHOOLS

F.E. Osborne Junior High

1967-2017

50th Anniversary Celebration

Planning for our 50th Celebration is well underway and it promises to be a fun evening. We hope you will join us Thursday June 15th at 6:30 at F.E. Osborne Junior High (5315 Varsity Drive N.W). The event is an Open House and there is no cost to attend.

We invite you to celebrate our 50 years of success:
Visiting classrooms that allow you to "Walk through history"
- Catching up with old friends
- Silent auction to raise funds for our Legacy project
- Free celebration cake
- Dance & more

If you haven't been following our Facebook page, you are missing out on all the fun. Check it out at https://www.facebook.com/FEOParentAssociation/

If you or your company would like to donate an item to the silent auction/raffle or just want more information then please email us at FEOParentAssociation@gmail.com

Legacy Outdoor Sport Courts Project

Raising $200,000 to refurbish our Outdoor Sport Courts is no easy feat but that is the aim of our 50th Anniversary Legacy Project. Thank you to all who supported our March Bottle Drive and our April Pizza Night at Matador Pizza and Steakhouse. To date we have raised close to $60,000 and are working hard writing grants and fundraising to reach our goal.

Thanks to our partnership with Parks Foundation Calgary, we now have the ability to accept donations from the public online using PayPal at http://www.parksfdn.com/community-led-projects/. Just click on the **"donate"** button and in the ***Instructions to Seller*** section state that you want to donate to **F.E. Osborne Outdoor Sport Courts**. Donations of $25 or more will receive a tax receipt and be very gratefully received.

Go Eagles!

Bowness High

Hello from Bowness High! The months of May and June are always very busy, with grad and preparations for exams. Summer is nearly upon us, and another year of learning is almost over! This year was definitely an adjustment, both for staff and for students as well. Our new wing is finally opened, and absolutely amazing! Our brand new, state of the art kitchen is by far a favourite school-wide, as we get some awesome food for lunch. Students (and staff) are always very happy to pick up some goodies made in the kitchen!

Don't forget that parent council is happening on May 10th in our Learning Commons at 6:30. If you or someone you know would be interested in helping out in our school approximately 2 hours per month, please join us at the meeting! Our parent council (or school council) is jam-packed with information about what's happening in our school! We are very proud of our spring sport athletes who are competing this month. We love to see parents and community members at the games cheering on our athletes! For game times and locations, please visit www.calgaryhighschoolsports.ca , or contact the school.

May also means musical! For all of our students (and staff too) taking part in the musical is a big deal! This year's musical is Pippin, a musical about a young prince who wants to prove his loyalty to his father, the king. Tickets are $10 dollars, and can be purchased at the doors and by students during lunch on the days leading up to the show. The show happens starting May 16th to the 18th! Lastly, grad is happening on May 30th, and the last day of regular classes is June 14th! We wish our students a safe and enjoyable summer.

The Planning Committee

The Planning committee has been involved in several projects that extend year over year. They are the voice of the community with neighbors, developers, and City Planners.

Chairperson: Janice Mackett

Members:

David Baker
Trevor Poffenroth
Rhonda Zander
Anne Baker
Anthony Ferrise
Cindy Lund
Jason Sokolosky
Scott Taylor
Marijke Kerkhoven
Jason Choo

The planning committee operates within an agreed to Terms of Reference. Members are elected onto the committee.

Major Responsibilities this year:

- Reviewed development permits, home occupation permits, business use changes, and land use applications.
- Consulted with the City on Bowmont Park, Shouldice Park, and Edworthy Park.
- Contemplated the City of Calgary Secondary Suite rules and how to they apply within the community.
- Continued to advocate for quality development within the community.
- Participated in monthly meetings with the South Shaganappi Area Strategic Planning Group.
- Participated in Master planning for Foothills and Alberta Children's Hospital sites.
- Continued to work with West Campus Development Plan (University District) – including the design of the screen fence constructed along Shaganappi Trail.
- Continued to work with Trinity Development (Paskapoo slopes).
- Worked with the City of Calgary regarding the Main Streets Project.
- Worked with City of Calgary on 16th Avenue beautification. Construction to begin this spring.
- Consulted regarding Bike Lanes on Home Road.
- Worked with South Shaganappi intersection study.

Montgomery has a strong and positive reputation within the City and the surrounding communities thanks to the consistent and respectful work of this group.

There is a lot of projects occurring within and outside of the boundaries of Montgomery which will have an impact on the community. It is imperative that we as a community continue to have a strong voice within the City. I encourage all community residents and property owners to take advantage of engagement opportunities. Our voices are important and do make a difference. It is equally important to engage in respectful discourse when conflicts arise. We are better able to advance the agenda through cooperation and collaboration.

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.

The Calgary Cancer Project's date for final submissions by Elis Don Construction Services and PCL Construction Management is April 20. The submissions will undergo a financial review by Alberta Health Services on May 19. A contract is anticipated to be awarded to the successful applicant in June.

The Foothills Medical Centre announced that it has received funding from the Alberta Government for new equipment for its power plant. Anticipated completion of the upgrades to the plant is April 2019. Approximately 27,000 tons of greenhouse gases will be eliminated by the improvements to the power plant.

The Alberta Children's Hospital is in the process of finalizing drawings for a proposed expansion to the existing parking structure. The expansion will add an additional two levels and accommodate approximately 500 stalls.

West Campus Development Trust announced that Truman's development of The Noble is under construction. Tree planting and landscaping will take place along 29 Street NW and University Avenue in late April/early May. Underground service work for the grocery and for the hotel will begin in late May/early June. Underground service work for the Seniors' Centre will commence this summer.

Rhonda Zander
Planning Committee Member

Playgroup & Parent-Child Mother Goose!

Montgomery Playgroup
The ***Bowmont Families Together*** project at Carya 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.

Two Parent-Child Mother Goose classes in Montgomery!

Parent-Child Mother Goose at the Montgomery Community Centre
Learn songs, rhymes and stories that nourish you child's development and strengthen the parent-child relationship. This class is for parents with children ages 0-3. Spring term runs from April 4 – May 30.

Multi-Generational Mother Goose at Bow View Manor
Join older adults and other parents from your community and share some special time together. This is for parents with babies ages 0-18m. Class runs every Thursday from 10-11 at Bow View Manor from April 6 – June 1.

Classes are open to residents of Bowness and Montgomery only. Registration is required. Please contact LisaH@caryacalgary.ca or 403-519-7591. For more information go to caryacalgary.ca/events/

MCA MONTGOMERY COMMUNITY ASSOCIATION

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:** _____ (to be completed by MCA) **Membership #:** _____ (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)

Working Together for a Better Community

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.

TRIPLE A EVENTS AND WEEKLY PROGRAMS

For the past 6 years, groups of University of Calgary nursing students have been working in partnership with the Montgomery Community Association (MCA) to support Seniors' Health Programming in the Montgomery community. Through collaboration with a number of community-based organizations and interested community members, we have helped create and support a monthly seniors' social, which is held out of the MCA on the last Monday of each month from September - May. A planning committee, comprised of community volunteers, takes a leadership role in organizing this monthly event.

The nursing students' role in the community is to promote overall community engagement, health, and well-being. The monthly seniors' social is an opportunity for seniors in the community to come together to socialize and to make new connections. Through establishing relationships with a number of community partners, the nursing students and planning committee have strived to make each month's social unique and entertaining. Highlights from 2017's Seniors' Socials include performances by the Wilson School of Highland Dance and Foundations for the Future Charter Academy choir. The March social's feature presentation will be a sexual health creative presentation to be performed by the nursing students themselves.

If you would like to attend the next Seniors' Social, please join us at the Montgomery Community Association on the last Monday of the month from 12:30 – 3:00 p.m. If you have any questions you can contact the MCA directly at 403-247-3116 or mcac@telus.net.

We hope to see you there!

Below is the comprehensive list of Triple A Activities by day of the week:

MONDAYS

- **Ladies Social Coffee Craft Club at SACA:** April 3 & 24 9am to Noon, April 10 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 12:30 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:** April 11 & 25 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:** April 4 1 to 3pm
- **Quilting Group at SACA:** April 19 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 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

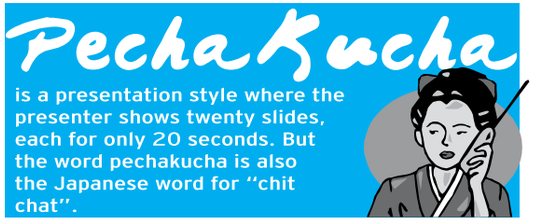
- **Walking Group at VCA:** 9:15 to 10:00 am
- **Zumba Gold at DCA:** at 9:15am
- **Yoga Basics at SACA:** 9:15 to 10:45am Drop-ins welcome
- **Qigong at SACA:** 9:30 to 10:30am Drop-ins welcome
- **Tai Chi at VCA:** 11am to Noon
- **Laugh & Learn at SACA:** April 6 1:00 to 2:00pm – FREE! **Smart Phone & Internet Safety**
- **Mah Jong at SSCA:** 12:45 – 3:30pm
- **Artist Gathering at SACA:** April 13 & 27 1:00 to 3:00pm $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 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 ssca@shaw.ca
VCA - Varsity CA
403.288.9001 vcapros@telus.net



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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.

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Web: www.calgary.ca/ward1

Spring Cleaning
The 2017 Spring Clean-up program will begin in early April. Once the official program begins, parking restrictions will take place throughout the city according to the street sweeping schedule here: http://bit.ly/1rlqCYQ

If you do not move your vehicle from the road when street cleaning is scheduled, you **may** receive a **ticket** and, in some cases, your vehicle will be **towed**. A **community-wide parking ban** is in effect when Street Cleaning Community Signs with "No Parking" decals are placed around a community during Spring Clean-up. For more information, visit www.Calgary.ca or call 311.

Chat with Chief Chaffin
Councillor Ward Sutherland is inviting the residents of all Ward 1 communities to come out on **May 11, 2017** to meet **Chief Roger Chaffin** and some of his key staff. Do you have a question for the Chief or want to meet him? Here's your opportunity to hear him discuss policing issues in Calgary and to ask him questions.

This "fireside chat" style event is open to all residents of Bowness, Crestmont, Greenwood/Greenbriar, Montgomery, Rocky Ridge, Scenic Acres, Silver Springs, Tuscany, University Heights, University of Calgary, Valley Ridge, and Varsity.

If you have any questions relating to the meeting, please contact Councillor Ward Sutherland's office at ward01@calgary.ca or call (403) 268-3240.

Chat with Chief Chaffin
May 11, 2017
Silver Springs Community Association
5720 Silver Ridge Dr NW
6:30 p.m.-9:00 p.m.
Hosted by Councillor Ward Sutherland

If this is an event you would like to attend but have disability issues, please contact 311 to request an accommodation or service. Please provide at least two weeks' advance notice so the City of Calgary can coordinate the service you need to access the building.

MLA Calgary-Varsity
Stephanie Mclean
#101, 5403 Crowchild Trail NW
Calgary, AB, Canada T3B 4Z1
Ph: (403) 216-5436; F: (403) 216-5438
calgary.varsity@assembly.ab.ca

Friends,

With May, the trees are green with leaves and the flowers are in bloom. It has been a busy spring legislative session, with the budget having been announced for 2017. It makes life more affordable for everyday Albertans, by capping electricity prices, reducing school fees and keeping taxes on families the lowest in Canada. At the same time investment in long-overdue repairs and modernizations of our schools and hospitals and critical improvements to our roads and highways will keep Albertans working and make life better for people who need those services. This budget will fund 24 new and modernized schools across Alberta, nearly $1.2 billion for Calgary's Cancer Centre (construction to begin this year!) and a new long-term care home in Calgary.

In Calgary-Varsity, the government is committing $270.6 million to the University of Calgary in order to renovate the MacKimmie Complex and Professional Faculties building. This investment will add 500 new study and classroom spaces, particularly for Nursing and Social Work Faculties, as well as more room for student services, increased student study and classroom spaces and creating a centre for entrepreneurship. We're particularly excited about this project as so many residents of Varsity spend time on campus!

In April, we had the Easter holiday weekend to enjoy. On the Easter Monday, Triwood Community Association hosted a children's Easter Egg Hunt and many delicious chocolate eggs were found. We toured the University District development, soon to be a wonderful addition to our community. On April 30 the Banff Trail Community Association hosted a potluck for residents, and we got a taste of the diverse culinary talent in the community.

Looking ahead to May, many communities are holding local cleanups. Montgomery has a cleanup day on Saturday, May 6. It's a great way to meet new people, enjoy the spring weather, and improve our communities. And of course there is the Victoria Day long weekend on May 20-22, the unofficial beginning of summer in Canada. Perfect time to break out the BBQ!

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. To find out more drop in, call, email, or check out stephaniemcLean.albertandpcaucus.ca

Bowmont Natural Environment Park 17th Annual Photo Contest
Entry Form

The Bowmont Natural Environment Park Committee is looking for your best shots taken in Bowmont Natural Environment Park. Photos will be judged by experienced photographers. Prizes will be awarded in the following categories:

Scenic Views:	Scenic landscape views of the park
Flora:	Trees, shrubs, grasses or flowers
Wildlife:	Animals in the Park (not including domestic animals)
Environmental Issues:	Damage within the park (excluding private property)
Park Users:	People enjoying the park (submit their permission using the consent form)
Best of Show:	Best photo in the show and Best photo in the show by a first time entrant

Contest Rules
1. Contest is open to all amateur photographers. All photos must be taken within **Bowmont Natural Environment Park** between January 1, 2017 and October 6, 2017.
2. **Entry deadline is October 13, 2017.**
3. Photos submitted MUST be accompanied by the contest Photo **Release Waiver** or will be disqualified.
4. Some restrictions regarding prizes may apply.
5. Only two entries per each category may be submitted.
6. Submissions must be good quality 4" x 6" prints (no slides) with entry form attached. **Please do not write on the back of your photos.**
7. Please email a digital version if available of photos (JPEG file) to ljknight1947@gmail.com prior to entry deadline.
8. Photos submitted will not be returned to the entrant. They will remain with the committee for reproduction and use as per the Photo Release Waiver form.

How to submit your entries:
1. Attach one entry form to each photograph you submit with the following information:

Your name:_____

Address:_____

City: _____ Province:_____ Postal code:_____

Email:_____ Phone:_____

I have read and followed the Contest Rules (signature) :_____

Indicate category: □ Scenic Views □ Flora □ Wildlife □ Environmental Issues □ Park Users

2. Give your photograph a **Title:** _____
3. Attach the completed **Photo Release Waiver**
4. Attach a **Consent Form** (for Park User category only)
5. Submit your entries at Bowness, Montgomery, Silver Springs or Varsity Community Centre offices

Additional entry forms and the contest Photo Release Waiver are available at the following Community Centre Offices: Bowness, Montgomery, Silver Springs and Varsity; or by e-mail request to ljknight1947@gmail.com and pdf format form and release waiver will be forwarded to your e-mail address.

For more information, contact:
Community Volunteer:
Linda Knight
Phone: (403) 288-5496
Email: ljknight1947@gmail.com

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

Visit our National Parks

This year Canada marks its 150th birthday and there are many ways to celebrate.

Canada is known for its natural beauty and one of the best ways to experience Canada is to visit our National Parks -- for free.

By visiting www.parkscanada.gc.ca or by calling 1-888-773-8888, you can order your free Canada 150 pass and this will allow you to have unlimited daily visits to all national parks and historical sites across Canada. You can also request a free Visitors Guide for each region of the country.

Alberta is home to Canada's first national park. Banff National Park of Canada was created in 1885 and is a UNESCO World Heritage Site. Alberta is also home to four other national parks too; Elk Island, Jasper, Waterton Lakes and Wood Buffalo -- as well as many national historical sites.

The special Canada 150 pass is only good for free daily visits but you may want to consider extending your experience by staying overnight for a very reasonable cost.

If you do not have access to camping equipment, you may want to consider some of the more innovative solutions offered by Parks Canada. There are oTENTik, teepees and Equipped Campsites available at most Alberta parks, but space is limited. Accommodation options are much more limited in other provinces.

oTENTik sites are a cross between a tent and a rustic cabin, similar to what early settlers and gold rush pioneers lived in. They accommodate up to six and are both dry and spacious and include the beds. The kids will love the bunk beds!

The teepee equipped sites are only available at Waterton Lakes Park and Rocky Mountain House National Historical Site.

The Equipped Campsites are perfect for those who do not own any camping equipment or do not have the space to transport camping equipment (cyclists and motorcyclists). These sites come equipped with the basics for up to six people.

Visit www.parkscanada.gc.ca or call 1-888-773-8888 to book your overnight visit before space runs out.

Finally, visiting our national parks is a fun experience, but can be deadly if you are not prepared or do not use common sense. Please remember that many parts of our national parks are remote, not well monitored and rely on park users to know their own limits. If you are unsure of the risks in a specific park, please take the time to speak with the knowledgeable staff.

Sharing your experiences on social media will help raise awareness of the fantastic opportunities our national parks and historical sites offer Canadians every day

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.

TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possesive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."

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