

Montgomery on the Bow 50th Anniversary Celebration Year!

MONTGOMERY

The Official Newsletter of the Montgomery Community Association

VOLUME 23 NUMBER 5 SEPTEMBER/OCTOBER 2014

MESSENGER

Keep up to date between Messengers. Check out our website at mcapeople.ca, connect with us on Facebook at <https://www.facebook.com/MontgomeryCA>, and follow us on Twitter — @mcapeople.

PRESIDENT'S CORNER

Welcome back, I hope everyone had a good summer with opportunities to enjoy and relax. We have been busy over the summer finalizing the plans for the Montgomery on the Bow Heritage Festival including the Dinner Dance planned for Friday September 19 and the Festival planned for Saturday September 20 from Noon to 4:00 pm. Along with this, our Heritage Committee has been searching and scanning photos and all the old newspapers and newsletters to create an archive of the history of the community.

The Planning Committee has also been busy reviewing and providing comments on the ongoing redevelopment in the area. I would like to thank everyone who took time to send comments regarding the issue of secondary suites. The information has been shared with our Planning Committee and will help form our responses to City Council.

Welcome back to our students at Terrace Road and Foundations for the Future Charter Academy. I would like to remind everyone that playground and school zones are

now aligned. There is a speed limit of 30 km per hour in effect from 7:30 a.m. to 9 p.m. in all of school zones and playground zones throughout the community.

Avenue Magazine published articles this summer recognizing Calgary Communities. Montgomery made three lists including 50 Best Things in 50 Neighbourhoods. Notable The Restaurant was recognized: "With an emphasis on casual food executed to perfection, this gem in Montgomery is run by celebrity chef Michael Noble." What many may not know is that along with the award winning restaurant, Chef Michael Noble is also a huge supporter of the community and the community association.

Congratulations to Chef and to all his staff who continue to bring the cool, hip feel to Montgomery.

Avenue Magazine also recognized Montgomery as having the strongest potential for good resale (Number 1 on the top 10 list) and we were ranked 35 on the top 50

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The deadline for the next issue of the Montgomery Messenger is October 15, 2014

Montgomery Seniors: Our next Seniors Social is on **September 29**. We look forward to seeing you there. See info on page 15.



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
Website: www.mcapeople.ca

Montgomery Community Centre

Hall Available for Rent

The hall at the Montgomery Community Centre is available for rent for functions such as weddings, dances, meetings etc., on Friday and Saturday evenings.

Community Association members will receive a discounted rate.

The hall is also available for rent by the hour on Sunday through Thursday evenings, excluding holidays, for four hours or less.

The board room is also available for rent for meetings, etc.

The rental period includes reasonable time for set up and clean up.

For further information please call
403-247-3116 and leave a message, or
 email manager@mcapeople.ca

Calendar of Meetings

The following is a list of the planned meetings of Montgomery Community Association. Other Board meetings may be scheduled as required.

MEETING	DATE	TIME
Board	October 14	7:00 p.m.
Board	November 11	7:00 p.m.
Board	December 9	7:00 p.m.
Board	January 13	7:00 p.m.
Board	February 10	7:00 p.m.

MCA Board of Directors

President

Marilyn Wannamaker 286-0175

Vice President Russel Ens

Secretary Lindsay McLaren

Treasurer George McMullen

Directors

Ron Aubrey

David Baker

Anthony Ferrise

Ellen Kerkhoven

Trevor Poffenroth

Jewel Spangler

Cheryl Wright

Elected Representatives for Montgomery

City Councillor

Ward Sutherland. 268-2430

MLA Calgary-Varsity

Donna Kennedy-Glans 216-5436

MP Rob Anders 292-6666

School Board Trustees

Public Joy Bowen-Eyre 294-8121

Separate

Serafino Scarpino 500-2550



The Montgomery Messenger is a publication of the Montgomery Community Association.

Community Association.

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Deadlines for submissions:

December 15 for Jan/Feb issue

February 15 for March/April issue

April 15 for May/June issue

August 15 for Sept/Oct issue

October 15 for Nov/Dec issue

All enquiries re advertising, as well as submissions for articles, are welcome.

Please submit them to the Editor.

Because of space restrictions, some editing may be necessary.

89.95

M.C.A.

CHILDREN'S BIRTHDAY PARTIES

Come and play at your MCA! Use your community centre for your child's birthday party. There's lots of room for:

- Rollerblade parties (scooters for younger kids)
- Hockey games
- Birthday party games
- Just having fun!

Call 403-247-3116 to book

(continued from page 1)

communities in Calgary. This is a reason to celebrate as it is always nice to hear that others learn what we already know.

I would also add that I think our incredible access to parks including Bowmont Park on 52nd Street, Edworthy Park on Montgomery View, and Shouldice Park all along the river, along with playgrounds, green spaces, and off-leash areas within the community, is also a reason to celebrate our community. What some may not know is that the river access in Edworthy Park is only one of two recognized swimming areas for the Bow River (Sandy Beach being the other). I encourage everyone to think about reasons to celebrate where we live and to share your stories of favourite places or activities in Montgomery. Perhaps we can make this a regular feature in our newsletter!

Thanks again everyone for your involvement in the community.

—Marilyn Wannamaker
PRESIDENT

Montgomery Chiropractic plus

DO YOGA LOCALLY

Do you want to do YOGA in a relaxed atmosphere?
Do you want to stay in your local community?
Do you want to take a YOGA class that is specific to your needs, with your health and wellness in mind?
Come to Montgomery Chiropractic Plus YOGA!



KEEP CALM AND DO YOGA

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Go to mcpplus.ca or call (403) 247-3231 or Like us on Facebook to get up to date information and special offers!

"NOTICE"
November's
ANUAL NOKTOBERFEST
WILL BE ON HOLD FOR 2014
IN PLACE OF OUR NOKTOBERFEST EVENT
THE MONTGOMERY COMMUNITY
ASSOCIATION IS CELEBRATING OUR
50TH ANNIVERSARY
September 19TH & 20TH
2014

PLAYGROUP

Our playgroup drop-in program meets every Thursday morning from 9:30–11:30 at the Community Centre.

Moms and/or dads can bring their kids for playtime, stories and meeting new friends in our community. Snacks and coffee available. Please note that an MCA membership is required. Call Janine at 403-247-3116 if you have any questions.





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- ▶ Marriage Licences
- ▶ Corporate Searches
- ▶ Incorporation
- ▶ Hunting & Fishing Licences
- ▶ Courier Service

SERVICE YOU CAN COUNT ON

WARD SUTHERLAND: ON THE RECORD



In September, I attended a ride-along with the Calgary police. **Car prowling** has become a priority concern in several Ward 1 communities. Residents are reminded to lock their vehicles at all times. Do not leave any valuables inside, including your garage door opener.

Vehicles are being targeted in LRT stations. In many cases, perpetrators locate the victim's address through the car registration in the glove compartment and steal the garage opener in order to gain access into the victim's house.

The CPS also reported a rise in **burglaries**. In almost all cases, the culprit(s) gains access to residences by removing screen windows/doors, opening unlocked windows and doors, or via an overhead garage door. Remember to:

- Lock the door leading from an attached garage to the residence, as screen doors and windows can be easily cut or removed.
- Turn off power to the overhead garage door.
- Connect to The Hub Messaging System, a Calgary police community automated notification system that delivers vital information to residents and business owners within the City of Calgary at: <https://hiplink.calgarypolice.ca/websignup/wsuedit.html>.

To view crimes in your community, visit <http://crimemap.calgarypolice.ca/>. To report any suspicious activity to the police contact (403) 266-1234. If a crime is in progress, call 911.

—Ward Sutherland
COUNCILLOR, WARD 1

Shopping Carts in the Neighbourhood!

I am sure we have all noticed Shopping carts that people without cars have taken from Safeway to get their groceries home. Or maybe they have been used by a bottle-picker to get to the Bottle Depot. It would be great if people would all return them to Safeway—but they do not.

If you notice shopping carts near your home or elsewhere in Montgomery, why not **give Safeway a call at 403-288-3219** to let them know where the cart is located. They have someone who can pick them up.



Celebrating Fifty Years of the MCA—News from Times Past

Remembering Montgomery, by Judy (Goldsmith) Thomson

My family has a long history in Shouldice Terrace/Montgomery. In the early 1940s when Shouldice Terrace was a tiny village, my grandparents, Marjorie and Harold Helem, resided in a house they built on the old Bowness Road (now 16th Ave.). My mother Joyce remembered taking the street car to attend Western Canada High School in those days. In 1949 she and my father, Jim Goldsmith, moved back to the community—by then called Montgomery—along with their infant daughter Linda. My parents told us stories about how they built this first small home themselves. They often had to walk up to their house from down the road, due to the muddy, slippery conditions in the spring and when it rained. While living there they added two more daughters, myself and Sue, to the family. In 1955 the family moved to what's now 4416 17 Ave NW, where my brother Jim was born.

In about 1959 my parents, my aunt and uncle (Liz and Bob Goldsmith), and their neighbours Estelle and Doug Moon, each raised their houses on 17th Ave. to dig out basements, and made the cement blocks themselves. These homes are still standing and occupied.

Back then, trucks were a common sight in the community. There was a water truck that delivered to many of the homes before city water was available. Gravel and cement trucks were often on the roads. My father himself had a general trucking business called Goldies' Cartage.

The children in our family went to McKay Road Elementary School and then on to Montgomery Junior High. At this time they were each in their own building, but they were joined later by a connecting tunnel and became the junior high only. There was a gravel pit behind the schools we would play in (although we probably weren't supposed to). The hill behind the school (where Shaganappi Trail now cuts through) was great for sledding. We have many fond memories of those childhood years that probably weren't so great for our parents, like the ditches two to three feet deep around

(continued on page 6)

DONNA KENNEDY-GLANS: MLA, Calgary-Varsity



Friends,

It was wonderful to see many of you in the community this summer – during Stampede, at the Northland Farmer’s Market, and while door-knocking. And, now that it’s fall, it’s back to school for students attending the 28 schools in Calgary-Varsity constituency, and the University of Calgary.

As promised last spring, school modernizations are happening at Westmount Charter School in University Heights, Foundations for the Future Charter Academy in Montgomery, and St. Vincent de Paul Elementary/Junior High in Varsity. Many of you know how disruptive it is to do upgrades at your own home, so you can just imagine the planning needed to do mechanical and electrical upgrades to these large schools. And, the proposed construction of a replacement school for Christine Meikle secondary school in Varsity is going through the City of Calgary development process.

Calgary-Varsity MLA Office
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Calgary, AB T3B 4Z1
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Email: calgary.varsity@assembly.ab.ca

I don't know
what your
problem
is...
but I bet
it's hard
to pronounce



I'm ready to listen...
are you ready
to think?



Calgary-Varsity constituency is unique in the number of schools, and seniors, that call our communities home. We are a complete community! To discuss issues that matter to our seniors, our Constituency Office is hosting a **Community Seniors' Forum on Wednesday October 1st, from 7:00 to 9:00 pm at Montgomery Community Association.** Save the date, and give our office a call for more information. We'll have a panel of experts talking about seniors' advocacy, housing options, healthcare (including home care, Alzheimer's and dementia), and community services. You are invited!

Gathering people in our constituency to talk about issues is something our Constituency Office is keen to organize. We want people in our communities to have access to expertise needed to help them make decisions about issues that matter to them. In June, we hosted a Renewables Forum, to talk about different options for renewable energy in Alberta, and in our own community. We're excited that the University of Calgary West Campus is evaluating the use of district heat in the new West Campus development. If you have any questions about renewable energy, again, feel free to contact our office for more information.

Warmly,

—Donna Kennedy-Glans
MLA, Calgary-Varsity

Bow Ridge Little League Baseball

The Annual General Meeting for Bow Ridge Little League is scheduled for Sunday, September 21, 2014 at 2:00 pm at the Tuscany Club, 212 Tuscany Way NW. All parents and volunteers are welcome and encouraged to attend, whether you are interested in making a difference by volunteering for an open position, hearing the 2014 reports from Board Members, or voting to elect the 2015 Board. For more information, please contact admin@bowridgebaseball.com or visit www.bowridgebaseball.com.

We would like to take this opportunity to thank all the volunteers who contributed to a successful 2014 BRLL baseball season, both on and off the field. Ongoing operations depend on the collective effort of everyone from coordinators and advisors running the organization, to coaches, field assistants, and scorekeepers running practices and games, to concession and casino volunteers helping to keep the registration fees down. And of course, a big thank you to the parents for bringing your kids out to play ball!

(continued from page 4)

the community that we would wade in or, in the winter, sometimes fall into, through the ice.

There was a big old farmhouse on the corner of 17 Ave. and 43rd St. back then that belonged to the Gells. It was surrounded by caragana like many of the homes in Montgomery. We would go there to pick crocuses, after asking permission from the Gells. There is now a park there named in honor of the family.

During childhood we all took music lessons from instructors in the community. We also took gymnastics and dance from Louella Channel in her Lilac Dance Studio, putting on musical, variety and talent shows. My sister Linda, who was a soloist in the shows, remembers the parades our teacher Louella would also have.

Menzies Drug Store, a favourite with us, started out on 16 Ave. and then moved to the strip mall on Bowness Road, which we always referred to as simply "the stores." My sisters and I would walk to Planadin's Hardware Store there, where we were allowed to look at books behind the counter before buying.

The United Church on 21st Ave. and 47th St. (now the New Life Evangelical Free Church) had two buildings—the Sunday school was held in the old church and the sanctuary was in an adjacent basement, with the proper sanctuary being built on top many years later.

My brother Jim remembers wading and swimming across the Bow River to what is now Edworthy Park. There was no bridge like there is today.

My sister Sue remembers learning to drive and dodging the potholes on 17th Ave. At that time only Bowness Road and 16th Ave. were paved.

As I've Matured...

- I've learned that the people you care most about in life are taken from you too soon and all the less important ones just never go away. And the real pains in the ass are permanent.
- I've learned that there is a fine line between genius and insanity.
- I've learned that 99% of the time when something isn't working in your house, one of your kids did it.
- I've learned that artificial intelligence is no match for natural stupidity.

<p>Buy 1 Get 1 FREE</p> <p>Footlong Sandwich</p> <p>With the purchase of any two drinks One coupon per person. Not valid with any other offer. Free sandwich will be equal or lesser value. Expires: October 31, 2014 Only Valid At 4712 16th Ave NW Montgomery</p> 	<p>Buy 1 Get 1 FREE</p> <p>Breakfast Sandwich</p> <p>With the purchase of any two drinks One coupon per person. Not valid with any other offer. Free sandwich will be equal or lesser value. Expires: October 31, 2014 Only Valid At 4712 16th Ave NW Montgomery</p> 
<p>Buy 1 Get 1 FREE</p> <p>Footlong Sandwich</p> <p>With the purchase of any two drinks One coupon per person. Not valid with any other offer. Free sandwich will be equal or lesser value. Expires: October 31, 2014 Only Valid At 4712 16th Ave NW Montgomery</p> 	<p>Buy 1 Get 1 FREE</p> <p>Breakfast Sandwich</p> <p>With the purchase of any two drinks One coupon per person. Not valid with any other offer. Free sandwich will be equal or lesser value. Expires: October 31, 2014 Only Valid At 4712 16th Ave NW Montgomery</p> 

BowMont All Season Service for Seniors (BASS) Society
Cultivating Quality Living

Goodbye!

Can you help your senior neighbors with snow shovelling? Start the conversation - step up and ask that older person if they would like some help.

BASS delivered subsidized yard maintenance and snow removal service in Montgomery for many years but now we are out of business.

Thanks to all who have supported the society through donations and their time! The board also thanks all former clients and wishes you well!

www.bowmontbassociety.ca

Host a Community Walk-through to Battle Graffiti Vandalism



A message from the Federation of Calgary Communities
Building Safe Communities Program

Be a Partner in Fire Safety!

Did you know that in 2012, the Calgary Fire Department responded to over 1,800 fires in Calgary?

Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place

Want to learn more about home fire safety?

Please join us and the Calgary Fire Department for a FREE informative session on home fire safety. Topics include: fire extinguishers, home escape plans, fire prevention tips, fire detection requirements and more.

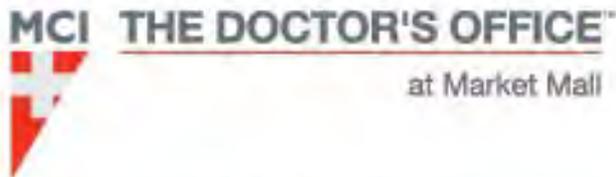
Date: Wednesday, October 29th 2014

Location: Glamorgan Community Association: 4207 - 41 Avenue SW

Time: 7:00pm - 9:00pm

Cost: FREE - space is limited

Register: calgarycommunities.com/events



at Market Mall

Mon - Fri: 9am - 5pm
Saturday: 9am - 4pm

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Dr. Salman*

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Thanks to The City of Calgary's NeighbourWoods Program and the Montgomery Community Association, **51 new trees** were planted in Montgomery in June.



"Thank-You" to our Residential Tree Stewards who will water and monitor their newly adopted trees for 5 years.

These new street trees will help the environment and promote biodiversity while beautifying, enhancing, and adding value to the neighbourhood of Montgomery for generations to come!



Guaranteeing Your Child's Success — reading and talking make all the difference



Calgary Reads

You know being a parent is the most important job in the world. But just how important are the 2000 days of parenting before that baby of yours hits Kindergarten? Turns out, each of those 2000 days may be a lot more important than you realize.

More and more research is showing that 85 per cent of an individual's 'brain wiring' happens between ages zero and five. This brain wiring is the foundation for reading and future academic success. This doesn't mean the majority of actual learning and knowledge happens before age five. It does

mean, that without excellent wiring, kids are in jeopardy regarding maximum academic success, mental and physical health, and ultimately, economic self-sufficiency.

Just who makes sure that wiring is in place? You, as a parent! You can ensure your kids have the 5000 word vocabulary necessary for Kindergarten success.

Luckily, there's an easy, no-cost way to support your child's long-term success. These simple actions can have a profound impact on your child's success and happiness:

- Read to your child as often and as much as you can – at least several times a day.
Read anything and everything out loud – books, cereal boxes, street signs, grocery lists, etc. Make time to sit down with books. Cuddle up and add reading to your regular daily activities. Young children love repetition – reading the familiar over and over is okay.
- Talk to and with your child non-stop.
Talk in the car or on the bus about what's happening around you. Talk about the oranges at the grocery store. Talk about what the adventures of the day are going to be, what to wear, what to take as a snack, even the weather, the clouds and the birds in the sky. You may feel a bit foolish talking so much, but those 2000 days pass quickly.

Children who participate regularly in all kinds of language interactions – speaking, reading, singing, rhyming – develop strong language brain wiring and large vocabularies. These kids start school on a solid foundation and are most likely to succeed.

The wiring starts at birth. You can make a difference in your child's future.

Happy reading, singing, rhyming and talking!

I Owe My Mother (for everything)

My mother taught me about
ENVY.

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about
ANTICIPATION.

"Just wait until we get home."

My mother taught me about
RECEIVING.

"You are going to get it when you get home!"

My mother taught me
MEDICAL SCIENCE.

"If you don't stop crossing your eyes, they are going to get stuck that way."

My mother taught me ESP.
"Put your sweater on; don't you think I know when you are cold?"

My mother taught me
HUMOUR.

"When that lawn mower cuts off your toes, don't come running to me."

My mother taught me HOW
TO BECOME AN ADULT.

"If you don't eat your vegetables, you'll never grow up."

My mother taught me
GENETICS.

"You're just like your father."
My mother taught me about
my ROOTS.

"Shut that door behind you. Do you think you were born in a barn?"

My mother taught me
WISDOM.

"When you get to be my age, you'll understand."

Littering:

Partnering with Calgarians to keep Calgary clean

Animal & Bylaw Services wants to continue to foster its partnership with Calgarians to help keep our public and private spaces clean, safe and free of garbage and debris.

With the recent devastation in many of our communities, it is clear that community spirit is a strong force in our city. Thank you to everyone who continues to support and demonstrate strength and community pride!

We encourage all Calgarians to continue to contribute to their neighbourhoods by keeping their properties tidy, using proper receptacles to dispose of waste and picking up litter.

Another way to foster safe, clean and healthy communities is to get involved in a community clean-up. Be sure to report any litter infractions or waste concerns by contacting 311.

Littering offences are covered under the **Street Bylaw (20M88)** and the **Parks and Pathways Bylaw (20M2003)**:

- Litter or waste must not be left, or disposed of, except in receptacles provided for waste disposal
- No person shall dispose of litter or waste from a vehicle
- No person shall leave or dispose of litter or waste that is burning i.e. cigarettes

Fines

- Littering \$500.00
- Littering from a vehicle \$750.00
- Disposing of burning litter \$1,000.00

Burning litter, as we all know, can become a safety concern and any litter and waste, if not disposed of properly, can have a negative impact on our city.

Thank you to all Calgarians for your continued hard work and the pride that you take in our city.



The Clean'n'Green Scene

Fifty-one!

51 new trees were planted in Montgomery in June as part of the City of Calgary's NeighbourWoods Program.

Thanks to dedicated residential tree stewards, we are enjoying elms, aspens, crabapples, ashes and hawthorns lining the streets and avenues of our community.



And thanks, too, to the volunteers who promoted the program in our community and who came out to help on Planting Day.

Leaf & Pumpkin Composting

Yard waste makes up almost a quarter of the garbage from an average home. No composter of your own? The City of Calgary's Leaf & Pumpkin Composting program runs from late September through early November.

For dates and drop-off locations, visit calgary.ca (search "pumpkin") or call 311.

Be Green and Be Seen

Sad but true – as autumn approaches, the days are getting shorter. As you continue to enjoy Montgomery's green spaces, parks and pathways, don't forget to layer on your reflective gear and lights.

Keep in mind when walking, running or cycling that you want to both see where you're going as well as be seen by others, especially vehicles. And don't forget about Rover and Sparky. Reflective and lighted dog collars provide additional safety and make a fashion statement too.

Get involved!

Are you pumped about public art? Totally taken with trees? Passionate about pretty parks? Garbage get you grumpy?

Bring forward your own community cleaning or greening idea, or help us kick start one of the many ideas already waiting. To join the **Clean'n'Green** effort, call the Montgomery Community Association at 403-247-3116 or email manager@mcapeople.ca

Help keep Montgomery Clean'n'Green

FREE DINNER

Every Wednesday of Each Month 6:30–7:30 p.m.
Shepherd of the Hills Lutheran Church
8007 Bowness Road N.W.

Everyone Welcome...Good Food, Good Friends

Sponsored by

Awaken Community Church, Bow Waters

Community Church, Maranatha Church, Centre Street Church,
Shepherd of the Hills Lutheran Church

Bowmont Natural Environment Park 14th 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!

Contest Rules

1. Contest is open to all amateur photographers. All photos must be taken within Bowmont Natural Environment Park between January 1, 2014 and October 31, 2014.
2. **Entry deadline is November 7, 2014.**
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 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 possible of photos (JPEG file) to lknight@hopewell.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 lknight@hopewell.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) 298-8116
Email: lknight@hopewell.com



Connecting People to Resources

BowWest Community Resource Centre lends a hand to people who find themselves in a crisis related to food, clothing, shelter and/or health and wellness issues.

Contact BowWest if you:

- Don't have enough money to buy nutritious food, medication or children's clothes
- Are worried about rent or utility arrears
Want to go back to school
- Worry about being a great parent
- Want someone to talk to about these or other issues

You can contact us by:

Calling 403-374-0448

Visiting us at

#14 1840 Ranchlands Way NW

Logging in to

www.bowwest.com

Building Lives Through Opening Doors

OPINIONS

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents..."

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks, or well lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

- Cyclists are entitled to the entire width of the traffic lane, though most ride to the side in order to let cars pass
- Helmets are required only for young cyclists (14 years old and younger) riding on sidewalks
- Cyclists must follow all motor vehicle driving regulations (this includes impaired and distracted driving legislation as well as signalling etc.)
- Cyclists are required to have a bell. For night riding, a front headlight as well as a rear red tail is also required.
- Using a motor vehicle to intimidate cyclists or pedestrians is a chargeable offence.

Etiquette, ambiguity and advice:

- Pedestrians have the right-of-way on MUPs (multi-user pathway)
- A cyclist should ring their bell when approaching pedestrians from behind on MUPs and anticipate passing on the left while pedestrians move to the right—all bets are off with small children and animals
- Cyclists and pedestrians should stay on the right-hand side of an MUP unless passing, as should their dogs, strollers etc.
- Pedestrians/joggers should never use designated bike lanes
- Earbuds are not a good idea when cycling in traffic
- When a sidewalk doubles as an MUP (i.e. it has a yellow line painted down the centre), pedestrians have the right-of-way
- 'Share the Road' translates as: 'Don't Be a Jerk' and applies to both cyclists and motorists.

More Calgary Traffic Bylaws can be found at:

<https://www.calgary.ca/CA/city-clerks/Documents/Legislative-services/Bylaws/26m96-Traffic.pdf?noredirect=1>

Community Bicycle Safety

Now that September has arrived and many cyclists will be transitioning from 'recreation' to 'transportation', a quick reminder of the rules of the road surrounding bikes is always helpful. Shedding light on some of the basic traffic laws affecting cyclists so that everyone can be as safe as possible is important for the safety of all residents in Calgary communities. See below for cyclist rules taken from Section 41 (Bicycles) of Calgary's Traffic Bylaw 26M96:

- Young cyclists (14 years old and younger) are allowed to ride bikes on the sidewalk
- Mature cyclists (15 years old and older) are NOT permitted to ride on the sidewalk
- Cyclists of any age are NOT permitted to ride on crosswalks. This includes intersections as well as pedestrian crossings. While many cyclists hit the button at crosswalks and ride across, this is not actually permitted.
- Treat a cyclist on the road as you would any vehicle



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 Calgary, Alberta www.thairapy.ca
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"Aim for the moon. If you miss, you may hit a star." - William Clement Stone

"You have brains in your head. Your feet in your shoes. You can steer yourself in any direction you choose." - Dr. Seuss

"Our aspirations are our possibilities." - Robert Browning

"It's not what happens to you it's what you do about it that makes the difference." - Wilson Mitchell

"In the End, we will remember not the words of our enemies, but the silence of our friends." - Martin Luther King Jr.

"Everything has changed, except our way of thinking." - Albert Einstein

"Don't wish it were easier. Wish you were better." - Jim Rohn

"My interest is in the future because I am going to spend the rest of my life there." - Charles Kettering

MONTGOMERY
 MESSENGER

ADVERTISING RATES

Effective: January 2014

Rates per Issue:

(Maximum dimensions for each ad size in brackets)

Full Page (7.5" wide x 9.75" high) \$225
 Half Page (7.5" wide x 4.5" high) \$130
 Quarter Page (3.675" wide x 4.5" high) \$100
 Business Card (3.5" wide x 2" high) \$50

Prices apply to camera-ready copy (preferred digital format is a high resolution JPG or PDF file). A one-time fee will be charged otherwise, depending on size.

Ask about our design rates.

Annual rates and further details available upon request.

Contact

Elspeth Snow, Editor
 Phone: 403-247-1575
 Email: editor@mcapeople.ca

Triple A



Triple A September Update!

HAPPY SEPTEMBER! We hope you had a lovely summer and are hopeful we'll have a lovely Indian summer long into October! Join us Tuesday October 7th for a Day Trip to Banff. Departing at 9am from Varsity arriving in Banff by 10:30am, everyone will gather for lunch at the Old Spaghetti Factory at Noon, before having more free time to explore the town before departing for Calgary at 3:30pm. Please contact VCA at 403.288.9001 or vcapro@telus.net to purchase your all inclusive \$40 tickets!

Calling ALL the Single Ladies! We're looking for more single ladies looking for companionship and fun! On the 2nd and 4th Tuesday of the month at 10:30am, a group of single ladies meet at the Scenic Acres Community Centre in the Palmer Boardroom for Tea, Coffee and Conversation. All ladies are single, some never married, some are widowed and some have been through a divorce. What unites them is their sense of community and desire to meet other single ladies looking for companionship. Between meetings at SACA many of the ladies get together for lunch, take a walk, catch a movie or attend a class. Some of the ladies have even taken a trip together. If you're a single lady looking for someone to go do things with join us on Tuesday September 9th at 10:30am! For more information or to chat with one of the ladies in the group please call SACA at 403.547.9589 and we'll put you in touch.

Scenic Acres (SACA) 403.547.9589

• **Ladies Social Coffee Craft Club:** Mondays 9am to Noon - \$2 Drop in Fee (2nd Monday of the month 9am to 3pm Bring a Lunch \$5 Drop in Fee)

• **Line Dancing:** Tuesdays 10:30am Beginner Class; 11:35am Intermediate Class - Drop in \$12 per class, \$10 per class for those who register.

• **Single Ladies Get Together:** 2nd & 4th Tuesday of the Month 10:30am to Noon - \$2 Drop in Fee

• **Quilting Group:** 3rd Tuesday of the Month 9am to 3:00pm - Drop in Fee \$5.

• **Book Club:** September 9th 1 to 3pm - \$2 Drop In Fee

• **Walking Club:** Wednesdays departing from SACA at 9:15am sharp. FREE!

• **Fun & Games:** Wednesdays 12:45 to 3:45pm - \$2 Drop in Fee

• **Tai Chi:** Thursdays 11am to Noon. Contact SACA to register for \$10 per class

• **Artist Gathering:** 2nd & 4th Thursday of the Month 1:00 to 3:30pm - \$2 Drop in Fee

Dalhousie (DCA) 403.286.2555

• **Zumba Gold:** Tuesdays at 9:15am

• **Cribbage:** Wednesday at 1:30pm

• **Zumba Gold:** Thursdays at 12:15pm

Edgemont (ECA) 403.241.9493

• Please contact ECA if you live in Edgemont and are interested in seeing Triple A programs provided in your community.

Montgomery (MCA) 403.247.3116

• **Senior's Social:** 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.

Varsity (VCA) 403.288.9001

• **Seniors Fitness:** Everyone works at their own ability and pace. Mondays and Wednesdays 9:15 – 10:15am

• **Tai Chi:** Mondays 10 to 11am

• **Seniors Card Club (Canasta and Bridge):** Join us to play canasta (we can teach you!) and bridge. Mondays 12:30 – 3:30 pm. We always welcome new players.

• **Seniors Yoga:** Tuesdays at 11:30am

• **North Ladies Duplicate Bridge:** Tuesdays 11:30 am – 3:30pm

• **Ladies Bridge:** Wednesdays 12:30 – 3:00pm

• **Seniors Whist Club:** Thursdays 1:00 – 3:30pm

• **Book Club:** Sundays 1:00 to 3:00pm Silver Springs (SSCA) 403.288.2616

• **Fun & Games:** Mondays: 1:30 – 3:30pm
All welcome on Monday afternoons to meet some new friends, play some games— Rummy-O, Rummoli, King in a Corner, and have some fun! Begins September 8th!

• **Mah Jong:** Thursdays 1:00 – 3:30pm. Our very popular Mah Jong drop-in gets back into action on September 11th. New to the game? Please drop in the first Thursday of the month! All welcome!

• **Seniors Yoga:** Fridays 11:00am – Noon and 12:15 – 1:15pm. Our Fall session runs September 12 to) Nov. 28, 12 weeks \$96. Call to register 403-288-2616.

The most up to date
schedule can also be viewed
on the
Triple A website at
www.allianceactiveaging.ca

Triple A Communities and Contact Information

Dalhousie Community Association —DCA
email: dcaprograms@gmail.com

phone: 403-286-2555

Edgemont Community Association —ECA
email: edgemon2@telus.net

phone: 403-239-1211

Montgomery Community Association — MCA

email: mcac@telus.net

phone: 403-247-3116

Scenic Acres Community Association — SACA

email: scenacre@telusplanet.net

phone: 403-547-9589

Silver Springs Community Association — SSSCA

email: ssca2@shaw.ca

phone: 403-288-2616

Varsity Community Association — VCA

email: vca@telus.net

phone: 403-288-9001



MONTGOMERY SENIORS' SOCIAL



When: LAST Monday of each month

Where: Montgomery Community Centre
5003 – 16th Avenue NW

What: **FREE** Food, Games, Activities

Contact: MCA – (403) 247-3116

mcac@telus.net – call with questions or if you need a ride!



Fred Bulloch

A great listener. Patient. Kind. A man who takes the time to explain his point of view.

In the 6 years that Fred Bulloch was the principle at Terrace Road School all of his best attributes were tested. I had the pleasure of working with Fred, through the Parent Council, for his entire 6 years and came to deeply appreciate his strengths and his approach.

We went through a battle to keep the School open and Fred was right there to support that. He also called for calm, which was necessary a few times. When we won the battle to keep the school open Fred changed the focus to how to make the school thrive; not merely stay open.

Fred was always aware of his staff and would support new ideas that the staff came up with. He gave the staff his time and was always looking for better ways to make their job focused more on teaching.

When you saw Fred around children you saw magic. Fred is well suited to teaching as he starts with a sincere desire to learn. He has a great combination of patience and sternness that went so well into teaching children. And, most importantly, he really cared about each and every child.

We will miss Fred both at Terrace Road and in the Montgomery Community. Fred is now principal at Emily Follensbee School, a school for students 2 ½ to 14 years of age with severe cognitive disabilities and/or complex learning and medical needs. I don't believe they could get a better principal.

—Trevor Dreher
CHAIR, TERRACE ROAD PARENT CONCIL

BOWNESS LIBRARY

Your friendly neighborhood library

6532 Bowness Road NW

403-260-2600

Hours:

Monday and Wednesday 1 to 9 pm

Tuesday 10 am to 9 pm

Thursday, Friday and Saturday 10 am to 5 pm

Sunday 12 to 5 pm

Programs for Adults

Creative Dyeing

Create a scarf that is uniquely your own design, easily and with a minimum of fuss, using Sharpie markers and a secret ingredient. Kit provided. Presented by The Fibre Optics Group.

Saturday, October 18 from 2–3:30 pm

Mischief, Mayhem and Murders of Calgary

Join us for some historical spine-tingling entertainment with Johanna Lane of Calgary Ghost Tours.

Monday, October 20 from 7–8:30 pm

Diabetes Prevention and Management

Find out the causes for Type 2 Diabetes and how to help avoid getting this disease. If you already have Diabetes, learn some simple self-care tips to promote good health. Presented by Nurse Practitioner, Donna Clare, MN.

Monday, October 27 from 7–8:30 pm

October 2014

Programs for Kids

Thank you for Thanksgiving!

Come celebrate Thanksgiving with stories, rhymes and songs. Ages 2 to 5 with a parent/caregiver.

Friday, October 3 from 10:15–10:45 am

Stuffie Halloween Sleepover

Bring your stuffed animal with you for a Halloween storytime. Afterwards, tuck your stuffie into bed for an overnight stay at the Library! Staff will watch over them and take pictures of their Halloween antics. You can pick up your stuffie when the Library opens in the morning. Ages 5 to 8 with a parent/caregiver.

Friday, October 17 4–4:30 pm

Reading Buddies

Teen volunteers and Library staff provide one-on-one reading support and fun literacy activities for readers who are in Grades 1 through 3. Ages 5 to 9.

Mondays, October 20 to November 24 from 4:30–5:45 pm

Wiggle, Giggle, Boo!

Join us for spooky stories, songs and rhymes. Wear your costume - if you dare! Ages 2 to 5 with a parent/caregiver.

Friday, October 31 from 10:15–10:45 am



Register online at calgarypubliclibrary.com or by calling 403-260-2620



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Montgomery Activity Report From Jan 1st to Aug 1st

Property Type	Actives	Sold 2014	Sold 2013	Median Sale Price
Single Family	29	59	57	\$520,000 2014
				\$445,000 2013
Townhouses	1	6	2	\$489,500 2014
				\$418,000 2013
Apartments	2	5	7	\$347,000 2014
				\$332,000 2013

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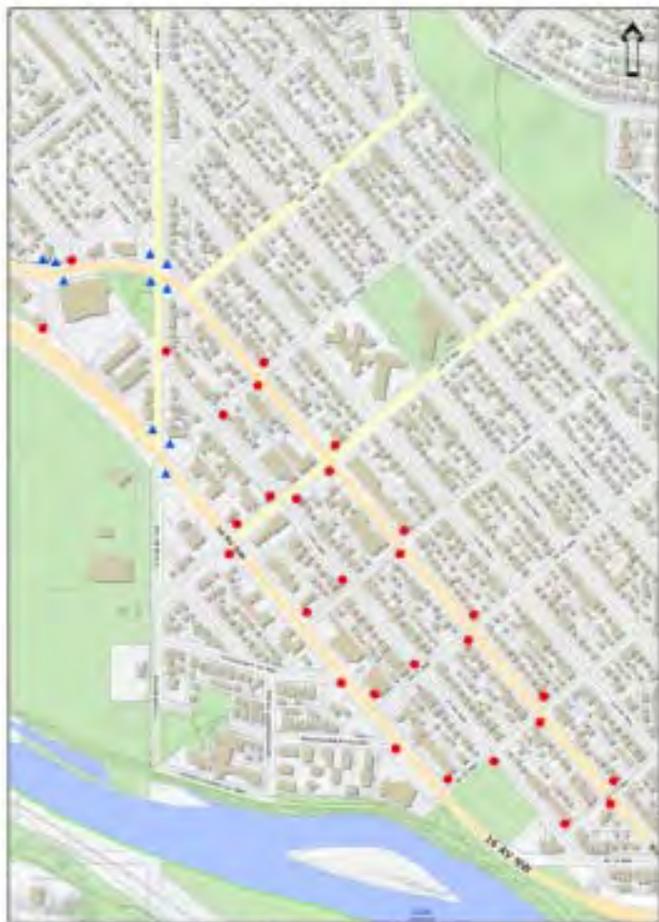


*RE/MAX Real Estate (Central) #1 Office Worldwide for 15 Consecutive Years**
*Based on number of transactions

Montgomery BOWNESS RD

HOME ROAD

"The City of Calgary is currently manufacturing new street signs for the Montgomery Business Area—another important step in branding Montgomery as a unique community of our own. There are still opportunities available for businesses and individuals to sponsor signs. It is intended to recognize sponsors in our new Montgomery Towne Square. Contact ed@montgomerybrz.com"



Montgomery

Legend

- Custom SNB on Post
- ▲ Custom SNB on Signal

0 30 60 120 180 240 meters

39 locations
63 custom street name blades

29 round top custom
29 bottom custom
10 large size on signal

Jan 14, 2013

HAVE PHOTOS? WE WILL TRAVEL...

The Montgomery Community Association is currently gathering photos in preparation for 50th Anniversary celebration of Montgomery becoming part of the city of Calgary.

If you have photos of the town, people, events or teams that you would be willing to share, we would love



to hear from you! We are even willing to send a team of 2 people to your home to scan your pictures. For more information, please call Val Kunn at 403-220-0067 or

email her at valkunn@hotmail.com.

Girl Guides

We are getting started for the 2014/2015 year: camping, outdoor activities, crafts, games, service projects and more! Please visit www.girlguides.ca to find a unit near you and register. If you have any questions or concerns, please call the Calgary Girl Guide office at 403-283-8348.

Words to Live By

- If you lend someone \$20 and never see that person again, it was probably worth it.
- If you tell the truth, you don't have to remember anything.
- Some days you are the bug, some days you are the windshield.
- Good judgment comes from bad experience, and a lot of that comes from bad judgment.
- There are two theories to arguing with women. Neither one works.
- Experience is something you don't get until just after you need it.
- Never test the depth of the water with both feet.
- Going to church doesn't make you a Christian any more than going to a garage makes you a mechanic.
- Junk is something you've kept for years and throw away three weeks before you need it.
- By the time you can make ends meet, they move the ends.