

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER







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Rainbow Elders Calgary is a volunteerrun organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us! email: rainbowelderscalgary@gmail.com www.rainbowelderscalgary.ca

Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies, Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations







MONTGOMERY COMMUNITY ASSOCIATION

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Treasurer	Anita Hennig	
Secretary	Teigan Owen	
Staff		
Community Engagement		Abi Harker
and Facility Manager	manager@mcapeople.com	
Building and Maintenance		David Hoskyn
		ncapeople.com
Community Engagement		Ali MacQuarrie
	engagement@n	ncapeople.com
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Director	Gideon Ong	
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Director, Planning Co-Chair	Neal Greywall	
Director, Events	Michael "Spike" Richards	
D:	events@n	ncapeople.com
Director, Seniors' Social		Kim Olsen
Elected Representatives		
City Councillor	Terry Wong	403-268-2430
MLA Calgary Bow	Demetrios Nicolaides	403-216-5400
MP	Len Webber	403-220-0888
Contacts		
Community Liaison Officer	David Down	
	pol3847@calgarypolice.ca	403-428-6200
School Board Trustees		
Public	Patricia Bolger	403-817-7918
Separate	Pamela Rath	403-500-2761
Stay Connected With Mon	ntgomery	
■ General Email Inquiries: manager@mcapeople.com		
Community Engagement Coordinator		

Ali MacQuarrie and Abi Harker: engagement@mcapeople.com

Newsletter Submissions

David Hoskyn: editor@mcapeople.com

5003 16 Avenue NW T3B 0N2

403-247-3116

www.mcapeople.com

f MontgomeryCA

@mcapeople

MCA Main Hall, Boardroom, and Kitchen

The main hall is available for events with up to 301 people (238 if there is liquor service). Active members of the Community Association will receive 10% off full rentals. The hall measures 40 feet by 80 feet and has direct level access from the parking lot.

The board room is available for meetings and small gatherings of up to 25 people. The board room measures approximately 22 feet by 12 feet. A projector and screen are available for use.

MCA's AHS-approved kitchen is included with main hall rentals and is available to rent independently. Email manager@mcapeople.com for more details!

Rental Rates

Please contact the office at 403-247-3116 or email manager@mcapeople.com for hourly and daily rental rates.

Community Newsletter

The Montgomery Messenger is a publication of the Montgomery Community Association and Great News Media.

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.com or phone 403-247-3116.

All advertising inquiries should be directed to Great News Media.

Editorial deadline for content submissions is the first of month, for the following month's issue. All submissions should be as Word documents, and sent to editor@ mcapeople.com. High quality photos are also welcome.

Virtual Registrations

The following are available online at www.mcapeople.com:

MCA Family and Business Memberships

MCA Community Garden Registration

Visit www.mcapeople.com for more information!

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

SENIORS' SOCIAL

The MCA Seniors' Social

Third Thursday of every month 11:30 am to 3:00 pm

Next Seniors' Social: Thursday, February 16! **Special Guest Speaker: John Sutherland Topics:**

- Disability Tax Credits
- Medical Expenses
- Estates
- And More







GREENBRIAR market + refillery





Join the MCA Board of Directors!

Montgomery community is looking for engaged, motivated members of our community to join the board in the following positions:

- Fundraising Coordinator
- Volunteer Coordinator
- Events Coordinator
- Communications Director

Board meetings are held on the third Tuesday of every month from September to June. Directors participate in community events like our Christmas Market, Community Cleanup, upcoming Seniors' Social, and coming soon, monthly family-friendly pub nights!

Email Jason Sokolosky at president@mcapeople. com for more information.



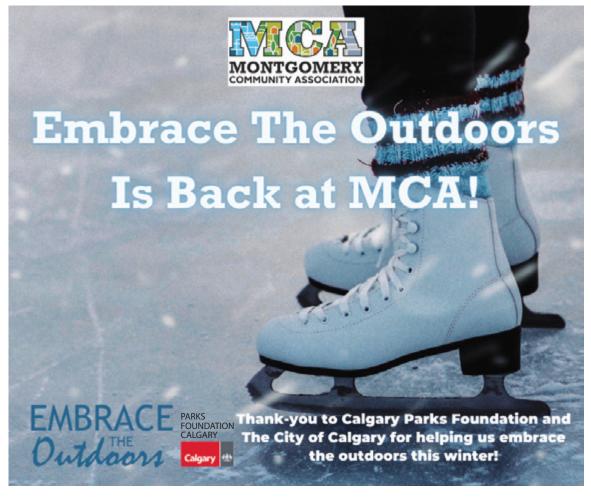
MONTGOMERY COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING 2023

February 28 at 7:00 PM

MONTGOMERY COMMUNITY CENTRE MAIN HALL 5003-16TH AVE NW CORNER OF HOME ROAD & 16TH AVE NW

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

MCA Jellybean Dance! Friday, March 3, 2023, from 6:00 to 8:00 pm at the Montgomery Community Association 5003 – 16 Avenue NW | 403-247-3116 Join us for a ton of fun in a safe, family-friendly environment! • Music • Snacks and Drinks • Dance Contests Check www.mcapeople.com or email manager@mcapeople.com for updates and more details!



Tuesdays at the Montgomery Community Association



Parent-Child Mother Goose

Build positive routines with your children through songs, rhymes and stories

FREE 10 week program starting in January for parents with children 0-3

Registration required



Parent-Child Mother Goose for Babies

Learn songs, rhymes and stories to soothe, teach and play with baby

> FREE 7 week program starting in January for parents with babies

Registration required



Infant Massage

Learn massage techniques and how they benefit your baby

FREE 3 week program starting in January for parents with babies

Registration required



Drop-In Play

Drop by for coffee and play time in the gym! Suitable for caregivers with children 0-6

Every Tuesday starting January 10 10:00-11:30

Bowmont Families Together offers FREE programs where neighbours from Bowness, Montgomery and Greenwood Village can connect, learn and play in a welcoming space!

For more information and registration email: BFT@caryacalgary.ca

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- **CHECKLIST**
 - Close & lock all external doors
 - Ensure windows are shut
 - Turn on exterior light



YOUR PRODUCTIVITY GURU

Figuring Out Your Skill Set

by Karl Plesz

If I asked you what your skills are, you might say:

- · I don't know.
- I don't have (m)any.

The first response could be from the fact that you haven't thought about it. The second answer is because you're human. We have difficulty seeing our own skills as skills. We just consider them things we do. Here's the plan. We put out a stack of blank note cards, which might be scary. We're going to create a list of your current skills. There are two parts to this: write down ideas and look for patterns.

Just write. This is all about quantity. One skill per card, as many cards as you can come up with. Don't edit. To get started, here are some questions you can answer:

What are you good at? This is no time to be humble. What's something you're good or even amazing at? What do you create or do that is great? Not just in your work either. Go way back, even jobs and hobbies in your youth count. What comes naturally? You think everyone can do what you do, but no. That elaborate task that you plan and execute so easily? Just because it's easy doesn't mean it's not a skill. Are you renowned for your ability to pack efficiently for trips? Have you figured out a unique way to balance a budget? This is bragging time.

Now, look for patterns. You'll start to notice that some of the ideas are related. Group them in a way that works best for you. Maybe by "skills I love doing," "skills I get paid the most for," "skills I want to improve," or "skills I haven't used in a long time." Don't worry if you don't see some patterns right away, especially if this is your first attempt.

Keep these cards accessible and keep adding over time. You could use a phone app but there's something about physically writing stuff down. The goal of looking for patterns is greater clarity into what skills you possess. If you have ten cards and nine of them fall into the category "skills I don't use at my current job," that needs to be fixed. We need to find a new job that uses more of your skills, bring more of your skills to your current job, or learn the skills your job actually requires. If you end up with two cards and a pattern of "I have no skills,"

it might be time to outsource. Grab coffee with people and ask them, "What do you think my skills are?"

The point of the cards is to generate hope and awareness. Launching a "do-over" takes a tremendous amount of hope. It's easy to get discouraged and think you don't possess many skills. The cards also help you identify new skills that you want to learn. Whether you want to get better at your current job or find a new one, chances are that you will need new skills.





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GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or iail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or highpressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.



If you have lost money or the scam is in progress, contact the Calgary Police Service at 403-266-1234 To report a scam in general, contact the Canadian Anti-Fraud Centre at 1-888-495-8501

Let's Talk About Music

by Spike Richards

Happy February! I'm already looking forward to festival season this summer. After three years of learning new guidelines to interact with others in public spaces, I still say volunteering at a live music festival is the best way to have safe fun while expanding our circles.

Live music heals so much in our battered existence. Being part of presenting days of it to the masses is like having a herd of healers working with, on, and for you. Whether you dig blues, reggae, Latino, country, folk, chamber, jazz, rock, etc., there are a lot of events in 2023. Our own tireless Calgary festival producers would love to hear from you, but don't limit yourself. I used to tag a few days of volunteering to a BC, SK, MB, northern AB, or east coast holiday. I was never disappointed doing so! Every festival website has links to their volunteer coordinators, but if you would like some guidance, I would be happy to help.

You are the face of the festival; don't take your role lightly. Your team leaders and producers will thank you for the extra effort and positive attitude. Front gate is more than just ticket checking; it is a greeting, and it is what sets the tone. Other roles include: information booth, usher, security, runners, raffle sellers, first aid, lost kids, photographers, videographers. Helping in the green room is the best way to meet artists, but think about merchandise tents too, as the CD signing tables are typically there. Drivers for the artists, too. Stage crews are tight teams, but are always looking for new members. Food is typically covered by trucks these days, but a festival beverage tent is a really fun place to volunteer. And if you want to really know about how a fest runs on the inside, offer to be a part of the much appreciated set up and tear down crews. Whatever you do, you will have a blast, be well taken care of, and add new memories, friends, and t-shirts to your collections.

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It's Time to Renew Your MCA Membership!

Memberships run from February 1 to January 31 annually.

Support your MCA by visiting our website at www.mcapeople.com/membership to become a member!

Community members receive 10% off facility rentals!



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

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

- · Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/ vomiting.
- · Signs may vary person to person and can differ between men, women, and the elderly.

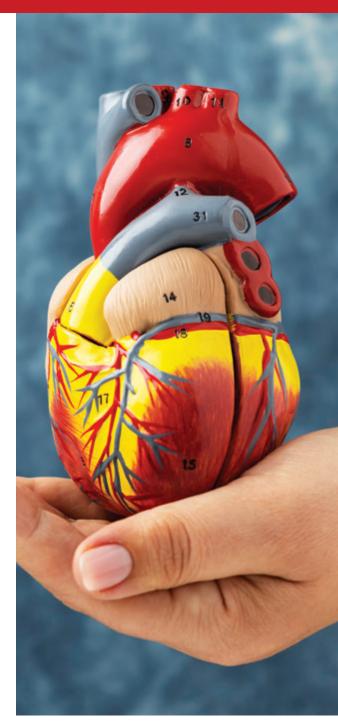
Heart Attack Risk Factors

- 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 911, immediately. Early treatment can greatly reduce heart damage and be the difference between 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 that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

*Asteroid Belt: Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.





by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shagapnappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.



Calgary Confederation Len Webber, MP 2020 – 10 St NW Calgary, AB T2M 3M2 403-220-0888

✓ len.webber@parl.gc.ca

Under Our Flag

The National Flag of Canada, distinguished by its red maple leaf, was inaugurated on February 15, 1965, after over 40 years of searching for a unique Canadian design. This February 15, you can celebrate Flag Day by learning more about proper flag etiquette.

The national flag should always be flown alone on its flagpole.

Regardless of its material, the flag should be displayed only in a manner befitting its importance. It should never be used as decoration, draping, a curtain, or to cover a platform, podium, statue, monument, or plaque for unveiling. The flag should not be signed, marked, used as apparel, or have anything pinned or sewn to it. It should not be burned in effigy, stepped on, or flown upside down (except as a signal of extreme distress).

When the flag is raised or lowered, or when it is carried past in a parade or review, everyone should face the flag, remove their hats, and remain silent. Those in uniform must salute. Any Canadian may choose to have their casket draped with the flag; this honour is not solely reserved for the funerals of soldiers, veterans, and dignitaries.

The flag should not be flown in a discoloured or tattered condition.

When a flag is no longer suitable for use, it should be disposed of in a dignified manner. Flags made of natural fibres should be burned in a dignified manner, privately and without ceremony. Flags made of synthetic material should not be burned due to environmental and fire hazard. They should be torn into single-colour strips, so that the pieces do not resemble a flag. The pieces should then be placed in a bag for disposal. They should not be re-purposed.

Most importantly, fly the flag with pride and respect.



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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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