

MARCH 2023

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

FEBRUARY'S RECOVERY COMMUNITY SOBER DANCE



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Staff

Community Engagement and Facility Manager	Abi Harker manager@mcapeople.com
Building and Maintenance	David Hoskyn building@mcapeople.com
Community Engagement	Ali MacQuarrie engagement@mcapeople.com

Directors

Director	Gideon Ong
Director	Elizabeth Laishley
Director	Paula Au
Director	Carl Bateson
Director, Planning Co-Chair	Neal Greywall
Director, Events	Michael "Spike" Richards events@mcapeople.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
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School Board Trustees

Public	Patricia Bolger	403-817-7918
Separate	Pamela Rath	403-500-2761

Stay Connected With Montgomery

- ✉ **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
- 📱 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!

SENIORS' SOCIAL

Montgomery Seniors' Social

Thursday, March 16 from 12:30 to 3:00 pm



Special Event!

Guest Performers:

Wilson School of Highland Dance

Scottish Highland Dancers

Come out and enjoy a light lunch,
entertainment, games and conversation.

Location: Montgomery Community Centre



A huge thank-you to Kim Olsen for heading up the Seniors' Social!



Thank you, John Sutherland, for speaking with us about retirement tax tips!



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.



PICKLEBALL AT MCA

• 9:30 AM - 12:30 PM •

• MONDAY •

• WEDNESDAY •

• FRIDAY •

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**Calgary Creative Arts Guild
Annual Spring Show & Sale**

Saturday, April 22, 2023 from 10am to 4pm

Montgomery Community Association

5003 16 Avenue NW, Calgary, Alberta

Free Admission

Original Art | Artists in Attendance

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Montgomery Community Spring Soccer 2023

U4 to U12

Registration will be available online at
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Stay tuned for dates.

For more information, please email
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Volunteer coaches needed! This is a
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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 jail.
- 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 high-pressure 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

It is early March, but this is being written for you mid-February. I just attended February's third Thursday Seniors' Social. If are you 60+, please do join us March 16 for a potluck lunch and a youthful, energy filled entertainment treat!

Both the February monthly MCA board meeting, and the Annual General Meeting (AGM) will have happened. As a member of this growing MCA board, my personal focus will be to help create some teams of people to present a series of fun and friendly brunch and pub night events. And you are invited! I am pumped to be able to be a part of these themed projects and looking forward to you coming out to join us, where we will get to meet each other's neighbours! Keep the fourth Friday in April open for what I hope will be a super eve. More will be shared here in next month's edition.

We're looking for a few decent, casual, fun people. A team of your amazing type of folk are about to gather together and create a comfortable and safe volunteer environment. A few hours a month; ProServe is good, but not required. My email is events@mcapeople.com. Gracias!

I hope you are all having an awesome March, and that you are getting out there and supporting the venues around town that support live musicians.

Wastewater Awareness

A recent backup at 21 Ave, between 48 St and 49 St has residents concerned about what's going down the drain. The City had to clear two areas. One of them was a backup of disposable wipes and another was caused by cooking oil blockage.

Please ensure that only greywater waste goes down the drain. Having to rectify these issues is costly, time consuming, and inconvenient to the residents of our neighbourhood. Your cooperation is greatly appreciated!

Community Garden Update

by Aleta Ambrose, MCA Community Garden Committee Chair

Gardeners know that even in January or February, there is planning underway. The Montgomery Community Garden Committee is already reviewing the feedback from garden members about our last season and making our 2023 garden plan. We hope for a great crop of carrots, beets, potatoes, and squash like we had last year.

If you are considering joining the garden, here is some information.

1. We work the garden all together, as a group. We manage this by recording our time and what we harvest.
2. All members are expected to be participating work bees at the beginning and end of the season.
3. There is a garden fee that funds our compost, seeds, tools, and garden improvements.
4. The garden is located at the top of the hill across from Montalban Park on 48 Street.
5. You don't need to know anything about gardening. We have members who can guide the work and share their knowledge.

Membership to the garden will open in early March. Check the MCA website for updates. Membership is capped at 30 families.



CARYA LET'S TALK...



Join us for FREE workshops to learn more about...



MARCH 1: DEVELOPMENTAL MILESTONES

MARCH 8: ONLINE SAFETY IN YOUTH

MARCH 15: ADULT RELATIONSHIPS

MARCH 22: TECHNOLOGY

6:00 PM - 8:00 PM

Bowmont Office (5000 Bowness Rd NW)

Childcare available - Please register!

To register for our FREE programs or for more information
contact groups@caryacalgary.ca

You're a Creative Genius

by Karl Plesz

A creativity test developed for NASA, and later administered to children, produced a shocking result. One group of children it tested were around 5 years old. The results of the testing demonstrated that an incredible 98% of those children were classified as 'creative genius.' Now that they had a baseline, the testers wanted to see how those same kids would fare 5 years later. Even more surprisingly, only 30% of the 10-year-olds still tested as creative geniuses. When they were 15 years old, only 12% of the same kids remained in the creative genius category. How about adults? Well sadly, only 2% of all the adults ever tested, even outside that particular group, are classified as creative geniuses.

The conclusions that have been drawn from these replicated tests are that our education system slowly converts us from creative divergent thinkers to convergent thinkers, whose primary methods involve judgment, criticism, and censoring. Worse, the young brain is subjected by school culture to using both types of thinking at the same time, which causes a conflict. Ask a child to think creatively, then judge them for every idea they come up with. Reward students for memorizing content and blindly following rules. That just stunts the divergent brain. According to the authors of the study, you can unlearn convergent thinking and re-learn divergent thinking with some effort. But why is this important?

The smartest people in the world say again and again that the key to success is growth. The key to growth is innovation. So, if we want to succeed, we need to innovate. But innovation isn't just about creating new things, it's also about getting better and more efficient at what you do now.

The biggest block to creative thinking is the fear of being wrong, of making a mistake. You have to give yourself permission to make mistakes. Every good idea grows in the decaying soil of a hundred bad ones.

Another huge block to creative thinking is trying to figure stuff out on your own. Collaboration is the secret weapon of creative thinkers. Creativity comes from without, not from within. Research the history of any

great new idea, no matter what form, and it is likely the product of a collaborative team of creators.

Yet another big block to creative thinking is ego. Once we as individuals give birth to a creative idea, it's only natural to love it. While believing in your creations is important in the early stages, you have to be able to let them go as needed. You can force an idea to work, and it might make you feel better for a while, but this will cause you more work and grief in the end. We need to learn to be able to set the idea we love aside, and either be willing to wait for the right time to use it, or perhaps kill it altogether.

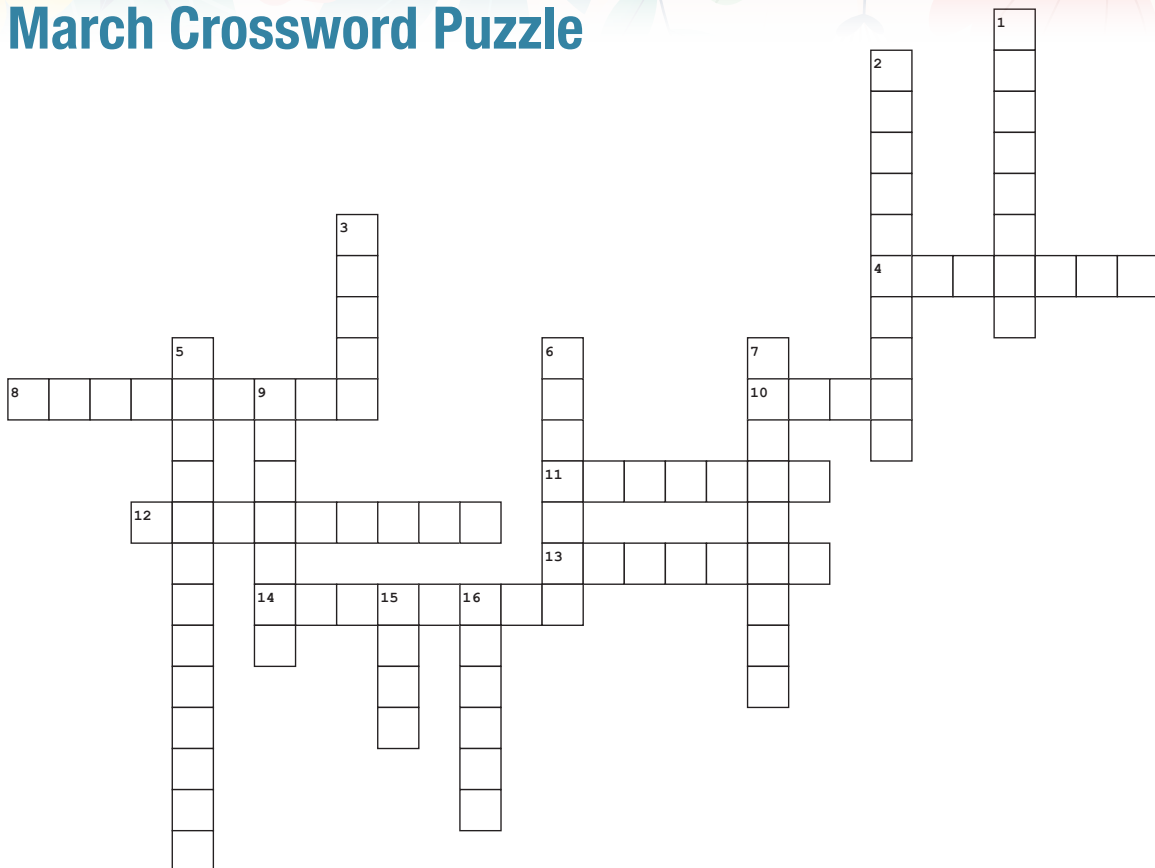
There are a few skill sets we can learn to help in this evolution. One is play. The right kind of adult play can dismantle barriers to creativity. Play forces collaboration. It exercises our divergent brain. Playing is fun. Another skill that fosters creativity is improvisation. The first lesson improvisors learn is how to fail. Often. Graciously. Improvisors also collaborate. Constantly. They also learn to stop rejecting ideas and simply build on what's been offered. It may work or it may not. It doesn't matter. What matters is the journey, the developing story, and that an idea was tried at all. Every idea that manifests may not work with what you're creating right now, but you'll always have it in your toolbox to try out on the next thing.

The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Burns and Scalds

from Alberta Health Services

News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

Ride the Wave of Daylight Savings

from Alberta Health Services

The daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or 'internal clock' that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change.

Here are some things you can do to adapt as we 'spring' forward in time:

Sleep Soundly: We need between seven to nine hours of restful sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

Physical Activity: Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

Routine: Keeping ourselves in check with our regular daily activities is important. It can promote a sense of organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

Involvement: Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



Nourishment: Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those that you truly enjoy. It is all about balance!

Giving Back: People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands, shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to jive and thrive with change!

CARYA

Montgomery Drop-in Play

A place for families to connect and play.
Free coffee, snacks and some play time in the gym!



**MONTGOMERY
COMMUNITY ASSOCIATION
5003 16 AVE NW**

**EVERY TUESDAY
10:00 - 11:30 AM**

Free programs where neighbours from Bowness, Montgomery and Greenwood Village can connect, learn and play in a welcoming space. For more information contact: BFT@caryacalgary.ca

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

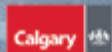
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



The Boiling Lake

The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!

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2023 MARKET UPDATE

RESIDENTIAL SALES FROM JANUARY 1 – DECEMBER 31

SALES FOR RESIDENTIAL SINGLE FAMILY PROPERTIES

BOWNESS	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2019	111	\$492,368	62	\$373
2020	113	\$448,750	56	\$364
2021	201	\$503,309	39	\$417
2022	201	\$603,612 *	32	\$465
MONTGOMERY	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2019	77	\$550,699	63	\$408
2020	84	\$542,474	59	\$397
2021	101	\$613,780	40	\$420
2022	105	\$644,430	32	\$488

* Several larger properties sold on Bow Crescent NW which substantially increased the average selling price.

Call Ken Richter today... 403-630-6363 