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The Orient Express

In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.

Share your thoughts on the future of your community

South Shaganappi Communities Local Area Planning

We want to hear from you about the past, present, and future of your community and the surrounding **South Shaganappi Communities: Banff Trail, McKay Point, Montgomery, Parkdale, Saint Andrews Heights, University Heights, University District, Varsity, and The University of Calgary.**

Your input will help shape a plan for your local area (a local area plan) to guide the evolution of these communities over the next 30 years. The local area plan will provide guidance and direction when ideas for new development, investment, and community improvements are proposed or considered within this area in the future.

Through the first phase of engagement, ENVISION, we're discussing:

- 1. PAST:** What is important for people to know about the area's history.
- 2. PRESENT:** Opportunities and challenges that exist within the area today.
- 3. FUTURE:** What's important to you and for future generations when thinking about how the area could evolve.



**Get involved
now until
May 23, 2023**

- Provide input online at **calgary.ca/Shaganappi**
- Check your mailbox for an engagement booklet. Each engagement booklet includes a feedback form that can be mailed in with prepaid postage included.
- Attend an in-person or virtual engagement session – check out the schedule online at **calgary.ca/Shaganappi** and register for a session.
- Apply to join the South Shaganappi Communities Working Group if you're interested in getting involved at a deeper level through this multi-year project. Details online at **calgary.ca/Shaganappi**

SENIORS' SOCIAL

The next Montgomery Seniors' Social will be held on Thursday, May 18 from 11:30 am to 3:00 pm. Join us for our traditional potluck lunch, tea, coffee, games, and fellowship!

Free MCA Memberships

The Montgomery Community Association will no longer be charging for community memberships. Memberships for MCA are now free of charge. A membership is required to attend some MCA-sanctioned events. You may obtain a membership online at www.mcapeople.com or in person at the Montgomery office.



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.

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• 9:30 AM - 12:30 PM •

• MONDAY •

• WEDNESDAY •

• FRIDAY •

**\$7.00 DROP-IN
OR
MONTHLY PUNCHCARD
\$60***

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MORE INFORMATION
WWW.MCAPEOPLE.COM**

MUST BE AN MCA MEMBER TO PLAY
403-247-3115

*UP TO 12 SESSIONS A MONTH
manager@mcapeople.com

Executive

President	Jason Sokolosky
Vice-President, Events	Michael "Spike" Richards
Treasurer	Anita Hennig
Secretary	Teigan Owen

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	Elizabeth Laishley
Director	Kayla Doiron
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!

Montgomery Community Spring Soccer 2023

U4 to U12

Registration will be available online at www.mcapeople.com.

Stay tuned for dates.

For more information, please email engagement@mcapeople.com.

Volunteer coaches needed! This is a parent-led volunteer program.

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Sunday: 9-5



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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](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

Are Your Email Accounts or Passwords Hacked?

by Karl Plesz

If you're doing any of the following, you're putting the security of your email and other online accounts at very high risk of being compromised if they aren't already:

- Using the same password on a lot of different online accounts, especially sensitive ones.
- Using weak passwords, which includes anything less than 14 characters in length.
- Using words that might be in a dictionary, except when in a very long passphrase.
- Using known character patterns, like 12345678 or qwertyuiop.
- Using simple num3r 4 l3tt3r subst1tut10n (it doesn't work).
- Keeping the same password for a long period of time, or past a point at which it may have been compromised in a breach.

You're probably thinking, "How can I find out if any of my email addresses or passwords have been compromised?" With a Google search, you can find webpages that will check if your data has been compromised.

Start with all of your email addresses, one by one. If the above site indicates that an email address has been leaked, read the details. What matters here is not 'if,' but 'when.' For example, according to 'haveibeenpwned,' one of my email account addresses was compromised along with many others in 2016 during a particular breach of a specific website. However, I have changed the password to that account at least three times since then, so I am safe.

Anytime I find my credentials in a list of compromised website accounts, I change the password to something else that's unique and at least 14 characters long, preferably a passphrase. Nothing related to me personally. They may have my email address, but they no longer know my password. You may ask, "What's a passphrase?" It's a string of words that don't seem to go together. "SANKonaamcoffee~" is a great passphrase because it represents something special to me, but nobody could ever guess it or crack it in a reasonable amount of time.

If you are using any password at all on multiple accounts, you really should check them. If the password you check is in fact on the known list of over 500 million compromised passwords, you need to change it pronto on every login using that password, especially if they protect something vital, like shopping, banking, social media, a business, or government site. A compromised password is in the public domain and is being used by bad actors to try to get into every site login that exists.

By the way, if you want the ultimate in password security, subscribe to a top-rated password manager. Once you do, you'll only ever need to remember one password! The password manager will remember the rest for you, and so much more.



Community Garden Update

by Alita Ambrose

Perhaps it is the reputation of the fun and supportive place that the Community Garden is or the cost of lettuce, but either way, we are thrilled that the community garden membership filled up by the last week of March this year. What a change from years ago when we would average 23 memberships. This year we increased the number of memberships from 30 to 35 because a new planter was added last year.

The committee will provide an orientation to all new members and has already made the garden plan and purchased many of the seeds. Growing some crops at home starts as early as April.

Many cleanups and planting work bees will happen in May. Please stop by and ask any questions of garden members if you are curious to learn more about the garden. It is located at the top of the hill on 48 Street.

Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

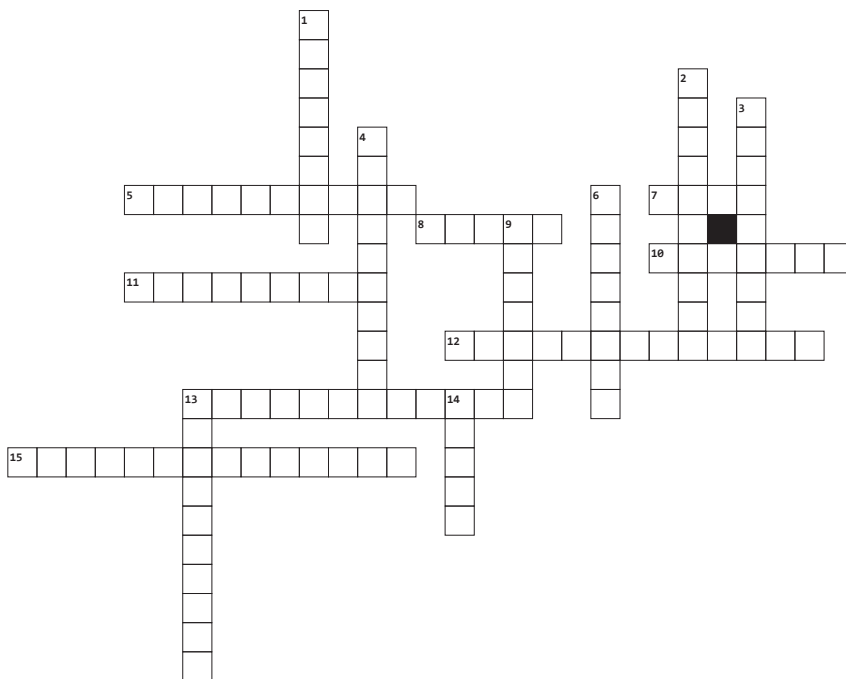
- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit myhealth.alberta.ca.



May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



Programs and Services to Help You Quit Smoking

from Alberta Health Services

Every year, more than 4,000 Albertans die because of tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses that greatly affect their quality of life.

Commercial tobacco use (such as cigarettes, e-cigarettes, cigars, and chewing tobacco) is the leading preventable cause of disease, disability, and premature death in Alberta, and increases the risk of heart disease, lung cancer, oral cancers, chronic lung disease, diabetes, and other illnesses. Quitting tobacco is one of the best ways to improve health and well-being. It may take several attempts to quit, so it's important to not give up.

AHS has programs and services to help Albertans quit:

- The AlbertaQuits Helpline, 1-866-710-QUIT (7848) provides one-to-one telephone counselling.
- Try a free text message service that gives tips and motivational messaging to help people quit. The text service includes support for quitting vaping and a live chat feature with quit counsellors. Enroll today by texting ABQUITS to 123456.
- The website albertaquits.ca provides information and tools for people preparing to quit.
- QuitCore is a group support program that provides people with strategies and skills they need to quit tobacco, while connecting them with others who are also trying to quit. This program is offered in person, as well as virtually through Zoom.

*Use of cessation medications increases your chances of success, and the cost of the medications may be covered. Check with your provider for coverage information.

Information and resources are available at health clinics, pharmacies, and dental offices in many communities and AHS locations, including cessation services created for patients who use tobacco or tobacco-like products.



'Aging is More... Let's Enjoy the Journey Together': Seniors' Week Offers More This Year

from the City of Calgary



June 5 to 11 is Seniors' Week. Recognized annually across Alberta, Seniors' Week is an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities, and by supporting family members and friends.

This year's celebrations promise to be even more exciting, with specially curated events under the theme 'Aging is more...' designed to showcase the potential in aging. Seniors' sector organizations, not-for-profits, businesses, and individual Calgarians are collaborating to bring about fun and inclusive celebratory events for each day of the week under a different sub-theme: 'More of the things you love,' 'More movement,' 'More music,' 'More learning,' 'More fun with friends and family,' and 'More time to celebrate.'

Whether or not you choose to attend one of the official Seniors' Week events, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread awareness within your networks by using the social media hashtags #seniorsweek and #agefriendlyyycc. Visit calgary.ca/seniorsweek for the list of activities taking place during Seniors' Week.

Montgomery Community Fence Art Project

Join your neighbours for a fun event creating a collaborative fence pixel work of art.

When: June 24 from 3:00 to 5:00 pm

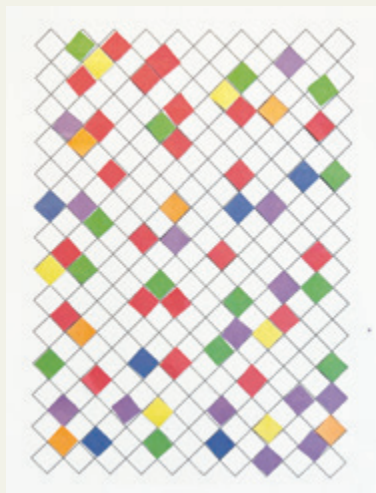
Where: Montgomery Community Garden - 5299 Montalban Ave NW

Montgomery households and businesses are encouraged to register.

Materials provided. No art experience needed.

Registry preferred in order to assist with organizing.

Email tamitheamc@gmail.com to connect with one of the organizers.



Let's Talk About Music

by Spike Richards

Last month, I wrote about volunteering at music festivals and the benefits you gain in new friendships, awesome live music, and so much more. If you want to create a few memories with likeminded people a little closer to home, please do get in touch with me! You can email me at events@mcapeople.com.

And do check out our website's Event Page at <https://www.mcapeople.com/events>.

And our Facebook page at <https://www.facebook.com/MontgomeryCA>.

Our MCA Fourth Friday Pub Nights are kicking in. We had a karaoke and tune trivia themed eve in April. If you were there, you know you had some kind of fun.

We would love to serve you a pint or vino after your voting at the hall, but we're just not allowed, sorry. So, no MCA Fourth Friday in May. Please drop by the hall and vote. Please. It matters. Thank you.

Tropical Shirt Night is on June 23. S'cools Out with M'Cool and the Fools will be on our stage for an all ages Fourth Friday MCA Pub Night.

On the afternoon of Sunday, July 23, MCA invites you to a very special drum circle gathering and some serious shuffling to the beats of ScruffyFish. Fingers crossed for an outdoor weather day, but we have an awesome hall to slip into if not. Your hall – let us know if you need a space for your event, a wedding, or a family reunion.

We have some great MCA hosted event ideas going forward, but I'd love to hear from you. Montgomery is our community; let me know what you would like to see happen here. Have a wonderful May, eh!

GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.

4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.

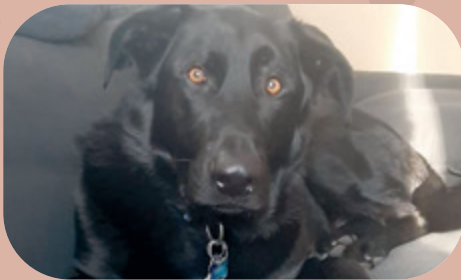
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Cats, Canines, & Critters of Calgary



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Riley, Dover



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Whiskey, Walden

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News from the Friends of Nose Hill

by Anne Burke

The annual May Plant Count is an event where volunteers survey their favourite natural areas to collect data on the distribution and blooming of flowering plants in Alberta. Collection of plant specimens is not allowed in any protected or restricted areas, such as Nose Hill Park. The survey, which takes place between May 25 and 31, encourages stewardship and is based on appreciation of nature.

Expertise in identification is valuable, but not mandatory. It is open to anyone with an interest in plants and flowering. As a citizen scientist, your photos submitted during the count period will contribute to the databases. To join the project, go to <https://inaturalist.ca/projects/alberta-may-plant-count>. In order to submit observations, you will need to log in and create an account (which is free).

The May Plant Count is part of the May Species Count. It began in 1976 to track bird species across Alberta and, in 2011, over 300,000 birds were counted. In 2022, over 400 people participated in the bird count. To learn more about how to download your results onto the eBird app and to contact your local organizer, go to <https://naturealberta.ca/may-species-count/>.

Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



CARYA

Montgomery Drop-in Play

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



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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

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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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