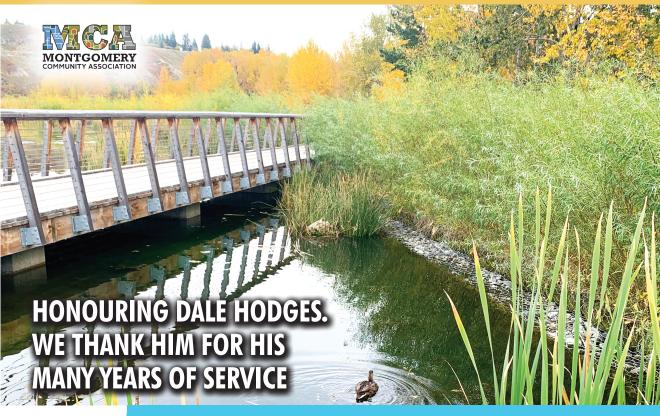


THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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President	Jason Sokolosky
Vice-President	Michael "Spike" Richards
	vp@mcapeople.com
Treasurer	Anita Hennig
Secretary	Teigan Owen
Staff	

Secretary	reigan Owen
Staff	
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Director	Kavla Doiron

Director Kayla Doiron
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Director, Seniors' Social Vacant

Director, Volunteers Benjamin Valenzuela volunteer@mcapeople.com

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MLA Calgary Bow	Demetrios Nicolaides	403-216-5400
MP	Len Webber	403-220-0888
Contacts		

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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 Newsletter Submissions Ali MacQuarrie: 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.

Visit website to see our rental rates and rental calendar.

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!

Let's Talk About Music

by Spike Richards

I need your help. We are hosting an all-ages pub style night on the fourth Friday of every month at the Hall. I am an avid supporter of local and live music, as you may have picked up, so unless we hear otherwise from you, this will be the central theme of each of these eyes.

But what format? What would bring you and your friends out to the MCA Hall for a Friday night gathering in our hood?

Songwriter in the Round. Because this creates an opportunity for YYC and area songwriters to show off their work, I enjoy these types of evenings immensely. Think "coffee shop". Three minstrels, tall chairs, and acoustic guitars, sharing stories and songs for our benefit. Invitational, not an open jam.

Open Mic Night. Same stage set up, a (patient and skilled) host minstrel, plug and play for walk-up vocalists and acoustic guitarists to spontaneously present their own work and covers. Solo, duo, and trio. Are you a minstrel? Wanna join in?

Karaoke. Seeing parents and their smurfs, neighbours who've never met, and yes, some of my fellow MCA Board members up on our stage was darn entertaining. From your emails and comments, you enjoyed them too. So, yes, we will be holding a couple more this year.

Good Bands. Would you pay a cover charge to see some high calibre local musicians on our stage? We would like you to, but we want to hear from you.

Drum Circle. We hosted one in July, over sixty adults and a dozen little ones joining together to hammer out some rhythms. Would you like us to host another one?

Festival. Yup, we are working hard to bring you a big reason to come down to the MCA Hall on July 20. Okay, many big reasons. It's a 60th birthday party for Monty! We are looking for volunteers, vendors, and entertainers. More here soon.

Please drop me a note and tell me what you would like to see/hear in our MCA Hall!

vp@mcapeople.com

MCA Hosted Events. Join Us!

Jellybean Dance and Valentine's Day Craft, February 9, 6:00 to 8:00 pm

MCA Board Meeting, Members are welcome February 19, 7:00 pm

Fourth Friday all ages Pub Night and Information Fair

February 23, 7:00 to 11:00 pm

MCA Social Seniors Club potluck lunch and live music

February 24, 11:00 am to 3:00 pm

MCA Annual General Meeting February 27, 7:00 pm



YOUTH SPRING SOCCER 2024

MCA SOCCER COORDINATOR

WE ARE LOOKING FOR A VOLUNTEER
TO TAKE ON THE ROLE OF SOCCER
COORDINATOR FOR OUR 2024
U4-U12 SPRING SOCCER PROGRAM

Please contact engagement@mcapeople.com to learn more

visit www.mcapeople.com



At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more info, please contact: 403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



MONTGOMERY COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING 2024

February 27 at 10 PM

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

THANK-YOU



DALE HODGES

MAY 19, 1941 - DECEMBER 31, 2023

Dale Hodges, was a prominent figure in Calgary's political landscape and was the city's longest-serving City Council Member. We thank him for his years of service and dedication in caring for the community of Montgomery and our city.

Montgomery is home to Dale Hodges Park- a 40.5 hectare natural environment urban park with incredible stormwater treatment sites, public artworks and home to native plants and animals. The park was dedicated to our former Alderman in recognition of his 30 years of public service and his many contributions to the area.



MCA BUSINIESS INCENTIVE PROGRAM

As an incentive for our community association members to encourage them to shop local, many businesses in Montgomery and Bowness will offer a 10% discount to our members!



MCA MEMBERS RECEIVE A 10% DISCOUNT

(MUST HAVE PROOF OF VALID MEMBERSHIP)

Support The Montgomery Community Association and register for your free 2024 Membership.

Scan the QR code or visit www.mcapeople.com

Email inquiries: engagement@mcapeople.com Phone inquiries: Elizabeth 403.247.1428







YOUR PRODUCTIVITY GURU

Use Common Scents

by Karl Plesz

One thing that some workers have started doing at their desks is installing a device that generates a scent of some kind, to 'freshen the air'. Many of us already deal with scents worn on the person. Perfume is like the most addictive drug. The more you use, the more you seem to need going forward. That may be the most outrageous analogy I've created. The problem is the amount of perfume or cologne many people use is in fact much more than is actually needed to broadcast a subtle aroma. Those desk-side scent generators people have started using however, take this potential problem to a whole new level.

Those of us who are sensitive to overpowering smells can't just keep our distance, because the scent is being belched in volumes that can fill an entire office floor. Yes, cinnamon smells great. But I need to be able to get away from it at some point. If my glass of water or my meeting minutes smell like cinnamon, that's not good. Worse, if it smells like lemongrass and sage, I'm going to start retching.

There are a few people that can handle this level of fumigation, but I'm definitely not one of them. I can barely make it through the perfume department at the department store. I can only imagine how it affects those with a keen sense of smell, or worse, allergies. This issue has gotten so bad, that in some workplaces, scents of any kind have been banned outright. The same goes for perfumes. It's just too much and it can lead to nausea and even migraines in some people.

So please do us all a favour. Save your favourite perfume for nights out on the town or the next dinner date. And install your scent dispersion device beside your computer at home. On behalf of everyone with a sensitive nose, we thank you.



Volunteer with MCA!

We have many opportunities for you to be a part of the growing team of MCA Volunteers! Join our Board! Help out with our monthly Pub Nights and Seniors Brunches! Offer your experience to lead or be part of our upcoming Workshops and Programming! Jelly Bean Dances! Skating rink! Community Garden! Riverside Cleanup! Bike Park! Monty's 60th Birthday Party! Talk to Director Benjamin at volunteer@mcapeople.com, and let's see where the best fit is for you. Thank you for reaching out to us.



COMING SOON!

NEW PROGRAMS AND EVENTS ARE COMING TO MCA

MCA is excited to announce many new events and programs coming to our community centre!

IDEAS INCLUDE:

COMMUNITY BOOK CLUB LIVE MUSIC AND KARAOKE **ART AND DANCE CLASSES** PROGRAMS FOR SENIORS, FAMILIES AND KIDS **COOKING AND FOOD PREP CLASSES** AND MUCH MORE!

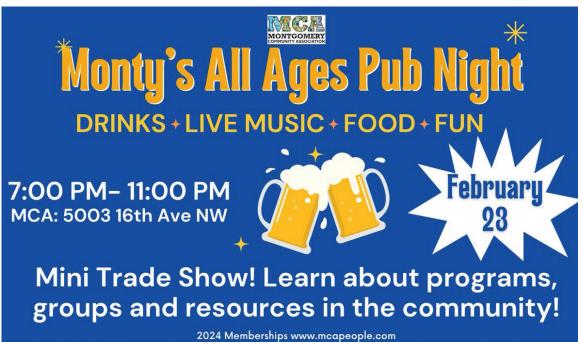


HAVE AN IDEA FOR AN EVENT? CONTACT US!

@mca_people

www.mcapeople.com







The 25th Calgary Guides have had an exciting start to our guiding year. We asked the girls to tell us what they liked about being in Girl Guides, and they enjoy learning new hobbies and working in a team.

In late fall, our unit went camping and we joined with a Pathfinder unit out at Camp Jubilee in Cochrane! They learned about first aid, enjoyed spending time with friends, participated in a campfire sing-along, and continued to build their camp skills. At camp, the girls learned how to cook on tin can stoves, which uses a heat source underneath, to make grilled cheese. The girls had to be patient cooking as it took longer than it normally does on a regular kitchen stove.

In addition to camp, the 25th Guides have participated in many fun activities this year, including yoga, many different fun, and interesting crafts and of course cookie selling.

Coming up, we look forward to learning how to hula hoop and keep safe, and many more fun activities, including another fun camp in the spring. In Guiding, there are always new adventures to be experienced, new crafts to learn and friendships to be made.







No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













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ASSOCIATE \$20



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MCA Casino

Montgomery Board Secretary Teigan and VP Spike comanaged the MCA Fundraising Casino on New Year's weekend. And both agree on how impressed they are with the team of Volunteers that made it happen. "Thank you" seems like such a small thing to say to people who step up and help our Community Association at this level, but you all get a huge one from your MCA Board. At our February 27 AGM, we will share some details of what we accomplished and how the money raised is allocated to help keep our doors open and lights on.



MCA Social Seniors Club

We have moved our monthly potluck brunch from the third Thursday to the Saturday after our fourth Friday Pub Night for various logistical reasons. We are joining forces with a number of strong Seniors associations and are quite pumped about the 2024 programs we will be offering. If you are 60+, do join us February 24! Our friends Gord and Harve will be revving up the room with singalong songs and stories from their combined multiple centuries of life. A massive and warm, thank you shout out to Kim and Terry for all the effort that went into making the 2023 series successful! Both our VP Spike and our new Seniors Director Kayla are looking forward to hearing what you would like to do during these monthly gatherings.



Trees



Did you know that Montgomery's tree coverage is far less compared to Bowness and Parkdale (twelve per cent versus twenty percent)?

Trees add shade, windbreaks, reduced heating and cooling costs, habitats for birds, clean air, and beauty to our neighbourhood. Let's close the gap. The City of Calgary's Urban Forestry Planting Program supports homeowners to plant trees on the city-owned portion of the property (back-of-walk or boulevard) - for free! Homeowners work with city staff to choose a location and pick a tree (or multiple trees) from their approved list. The City safely digs the hole, plants the tree, and waters the tree for a few years until it is well established. To access this opportunity, submit a request to the Urban Forestry Planting Department through 311. Requests now may result in a tree on your property in the spring or summer of 2024.

If you are interested in planting trees on the portion of your property that isn't city-owned, check out the Branching Out program, returning in 2024: www.calgary. ca/parks-rec-programs/nature/tree-giveaway.html.



YOUR CITY OF CALGARY

Calgary City Building

by the City of Calgary

The City of Calgary is updating plans that will shape the future of Calgary and make sure our city keeps on being a great place to live. As our city's population approaches two million, we must prepare to support this growth. The City Building program will align and strengthen our plans and tools to create a place where every Calgarian can thrive.

The Calgary Plan will merge the Municipal Development Plan with the Calgary Transportation Plan to guide the way we move and use land across the city.

The new Zoning Bylaw (currently the Land Use Bylaw) will simplify the rules that govern the use of land and the form of buildings in the city.

The new Street Manual (currently the Complete Streets Policy and Guide) will provide updated direction for the design of Calgary's streets to support safe travel options for all Calgarians.



All three of these documents will be created based on public feedback, existing policies, Council priorities, partnering with the Indigenous community, and extensive consultation with subject matter experts and interested parties. This effort will impact every Calgarian for the next 30 years.

The second phase of engagement will focus on the initial proposed direction of the Calgary Plan, Zoning Bylaw, and Street Manual. We invite all Calgarians to share their input, either in person or online, from January 29 to March 3. Learn more and participate at calgary.ca/citybuilding.



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CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

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.

BAMBINI DAYHOME: Safe and Loving Dayhome environment that provides reliability, respect and high standards in childcare and education. Bambini offers second languange spanish, art, music, science and drama. We offer Montessori, Emilia R. Waldorf inspired teaching styles so children can gain independence, creativity and resilience. Grant and Subsidy Available: Bambinidayhome@gmail.com.

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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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Crime

News, Events, & More



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- Montgomery Auto Service
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- Gas Tech Heating & Fireplace
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- · Century Derma Lounge

Find out how to become an MCA member. Free memberships until March 2024. Yearly Membership rates starting in March 2024:

Seniors: \$5

Single Members: \$10 Family rates: \$20

Associate Membership: \$20

February Snow

by Garth Paul Ukrainetz

February snow can't miss your falling Always sure to drift my way Cling to pant legs, holding tightly Begging me to come and play

Slide upon a long toboggan Skate across a pond of ice Downhill ski on powdered mountain Friendly little snowball fight

February snow I know you're lonely This time of year I feel it too Maybe we should get together Wintertime is over soon

Glide along the trails cross country Snowshoe thru the meadows white Snowmen build in brightest sunshine Angels make on moonlit night



Newsletter Deadline

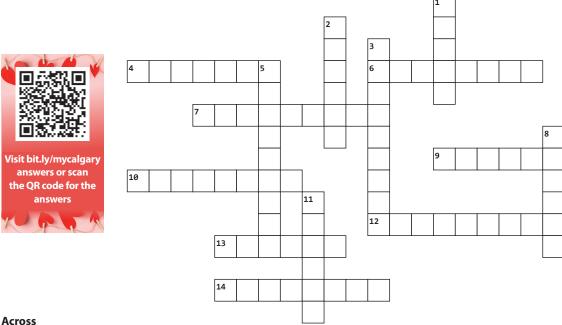
The deadline for submissions to the MCA Messenger is changing!

All material must be received by MCA by the first of the month for the following month.

Example: The deadline for the March issue is February 1.

Please keep in mind that Great News Media prioritizes paid advertising over community content. MCA cannot quarantee inclusion or placement of material submitted to the *Messenger*.

February Crossword



- 4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
- 6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
- 7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
- 9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
- 10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
- 12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
- 13. The official flower that represents birthdays in February.
- 14. The popular heart-shaped candies with cute messages were originally used as .

Down

- 1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
- 2. February 10, 2024, marks the beginning of the Year of the .
- 3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
- 5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
- 8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
- 11. Abel Makkonen Tesfaye, better known as The ______, was born on February 16, 1990, in Scarborough.

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