

JUNE 2026

DELIVERED MONTHLY TO 3,650 HOUSEHOLDS

MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



MCA
MONTGOMERY
COMMUNITY ASSOCIATION

JULY 19, 3:00 PM



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1PM - 7PM

CHALK ART COMPETITION
AND STREET MARKET

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JUNE 27, 2026

MONTGOMERY'S **CHALK THE BLOCK** COMPETITION & STREET MARKET

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On The Cover: Southern California's Tremoloco

Tremoloco will return to Calgary this summer! Presented by Calgary House Concerts and hosted by the Montgomery Community Association on Sunday, July 19, at 3:00 pm out in the Montgomery Community Centre's Great Big Backyard! Bring lawn chairs!

Roots and folk music plus Tex-Mex American cantina music with a \$25 artist cover. Or even better ... bring a food bank donation and pay what you can.

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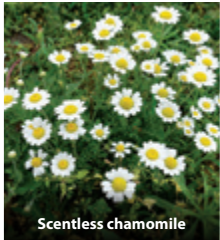
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Calgary  **15 cm**

Noxious weeds









Be a good neighbour

**Care for your property.
Care for your community.**

Property owners in Calgary are responsible for:

- Keeping grass and herbaceous plants trimmed to 15 cm (6 in) or less
- Controlling noxious weeds and destroying prohibited noxious weeds
- Maintaining properties that are safe, clean and free of nuisances

Non-compliance may result in fines and cleanup costs.



Learn more:
calgary.ca/bylaws/weeds

MCA

MCA DIRECTORY

Executive

President	Shane Corriveau
Vice President	Jay Bedford
Treasurer	Cam Gardner
Secretary	Holly Clarke

Directors

Lilli Meloche	Ken Adams
Jim Courtney	Brad Saunders
Donna Adams	

Staff

General Manager	Michael "Spike" Richards
Building and Maintenance	David Hoskyn
Accounting	Yvette Foster-Norgren

Community Contacts

Community Liaison Officer	Cst. Shuo Qiu pol5637@calgarypolice.ca
Neighbourhood Partnership Coordinator/City of Calgary	Brenda Annala

Elected Representatives

City Councillor Ward 7	Myke Atkinson 403-312-5913
MLA Calgary Bow	Demitrios Nicolaides 403-216-5400
MP	Corey Hogan 403-410-2121

School Board Trustees

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

Stay Connected with the MCA

General Email Inquiries	manager@mcapeople.com
Newsletter Submissions	jaybedford@gmail.com

📍 5003 16 Avenue NW T3B 0N2

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Save 10 Percent!

Present your Montgomery Community Association membership card and get a 10% discount at these 36 local businesses!



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- Razor's Edge
- Liberty Tax
- Now Nails and Spa
- Pharmasave Montgomery
- K9to5 Dog Daycare & Grooming
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- Fishman's Personal Care Cleaners
- Bubble Tea Brewers
- Club House Family Restaurant
- Golden West Restaurant
- Pazzers
- Five Spice Kitchen
- Abbey's Creations
- Hi Ball Restaurant
- Fringe Coffee
- Vitaminboba In Montgomery
- Montgomery Village Veterinary Clinic
- Gas Tech Heating and Fireplace
- Good Samaritan Thrift Store
- Allan's Flowers
- Alberta Vacuum Experts
- NOtaBLE - The Steakhouse
- Bowness Arts
- Outlash Beauty Boutique
- The UPS Store in Bowness
- Montgomery Wellness Clinic

Some limits apply. Details available on our website at mcapeople.com.



President's Message

I hope this finds you all well, good, and happy at the MCA. We're excited about the spring and summer set of events that we have lined up. Starting this month, we hope to have teaser events on the third weekend of every month until the fall. These teasers are designed to help all of us get to know each other and especially to help promote our major event on August 15 – our Great Big Family Picnic for the second year running.

These are tentative plans but please stay tuned for details. What we have lined up is the following: June is 'meet your neighbours,' July is 'bring your friends,' and August is the Great Big Picnic, of course. The intention of these events is to create a casual and friendly atmosphere where anybody can come to the field behind our building. Though the first few are "meeting people," this isn't to say you need to come to a social – it is very casual. Whether permitted, of course, means that several people will come out and bring their picnic blankets, bring small hibachis, and simply hang out on the grass and enjoy the wonderful spring and summer weather. That's it! All we ask is that is kept clean, respectful, and good for all that wished to come. Please stay tuned for the June event. Access our social media on Facebook, Instagram and soon, TikTok. You can also visit our website at mcapeople.com and become a member, even if you don't live in Montgomery! We always appreciate your support - thank you once again.

When we get to the Great Big Family Picnic, it will be a more extensive engagement. That is to say, we will have live music, kids' activities like a bouncy castle, and of course, food and fun. We're really focusing on families, but all ages can come. Music will be varied and lively so bring friends and family and enjoy the summertime weather.

Stay tuned for the next newsletter. We love staying in touch!

President Shane Corriveau

COMING UP!

COMING UP

June 16: Ward 7 Community Ideation

June 17: Pump Track Racing Series

June 18: Try a Little Kindness

June 20: Seniors' Brunch

June 20: Neighbour Day

June 20: Saturday Night Picnic Series

June 20: Barbaro Sober Dance

June 27: Chalk the Block Street Market

June 27: SNHL in the Park

For details about these events, visit our event calendar at mcapeople.com.



SCAN HERE TO VIEW ADDITIONAL
MONTGOMERY CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Albertasaurus

Did you know that Alberta has its own dinosaur? The *Albertasaurus*, or "Alberta lizard," was a large theropod first discovered along the Red Deer River, near Drumheller, Alberta in 1884.



Manager's Meanderings

"I've got a room." I much enjoy taking away the stressors of that part of our Member's Event planning process.

Our Boardroom is getting some mileage this year, workshops, classes, crafts, fitness, dance, mentoring, and annual seasonal meetings. AV ready and seating twenty-ish comfortably, it is a good room for your team building sessions.

If you want to utilize our Main Hall for your event this winter, please do reach out sooner rather than later. We are already taking bookings into summer 2027. It is a good space, with six decades of hosting people who enjoy themselves. Contact me at manager@mcapeople.com with some details and we can confirm dates and have you in for a walk through of our community facility to ensure it will work for your event!

Do you have an event to plan that is outside of the 200+ capacity of our multi use Main Hall? Do you know we rent our backyard, too? We are in the middle of a series of really fun and educational events this summer! Indian Bengali Holi colours festivities, African and Mongolian cultural feasts and fests, and some laid back live music and lawn chair afternoons. Porchdogs June 7, Tremeloco July 19, and volume two of our own multi-band and bouncy castle MCA Great Big Family Picnic August 15.

Join us July 19, California-based Tremeloco brings a Tex-Mex-influenced sound to our backyard. Raw roots, spiced up with country, and rock 'n' roll seasonings, served on an edgy Southwest platter of musical yumminess. These fellas have been on the road for years, shaping their music into something special and rare, relaxed yet lively, and full of character. Bring your lawn chair, your young ones, teens, and grandparents... and yes, please do invite your neighbour or friend who is not getting out to socialize enough. Expect a feel-good Sunday afternoon with lawn dancing and friends and family.

Have an amazing June, MCA!

Spike



It's been a slower, colder spring than usual, and for a while it felt like the garden was taking its time waking up this year. But over the past couple of weeks, the change has become more noticeable. The ground is softening, the beds are getting their colour back, and little bits of green are starting to pop up everywhere. It's not quite in full swing yet, but it's getting there—and it feels good to see. The chives were among the first to appear, pushing up bright and strong like they do every year. There's something comforting about seeing them return, almost like a quiet signal that the season is finally turning.

One of the nicest parts of being back in the garden has been seeing members of the community come together again. Helping hands have been showing up to pull on gloves, turn the soil, and get everything ready for seeding. There's no big rush, just a steady rhythm of people working side-by-side, chatting and catching up after the long winter. It's a good reminder that this space isn't just about growing food—it's about community too.

And then there are the birds. They've certainly noticed the change in season, and their singing has been constant lately, like their own little welcome back to spring. Even on the cooler days, that sound makes everything feel a bit brighter.

It's still early, but the momentum is building. It won't be long before the garden is full, green, and thriving. For now, it's enough to watch it all slowly come back to life.

Diana van Dijke



Your Secret Legacy



Your online legacy is one that doesn't reveal its secrets without a fight, and we all need to think about this before it's too late. Let's start with bank account(s). How do you log into them? Is it just a username and a password? Or is it a passkey? Does it then advance to another authentication method? Does it send a text? To your mobile? Can other family members get into your mobile? Is your mobile unlocked with your face? What is the backup option – an unlock PIN? Who knows? Maybe the secondary authentication method sends a code to an email account. Which one? Could someone get into that email and get the code? What if the secondary authentication for the bank account uses a third-party authentication app, like DUO, or Google Authenticator? How would anyone know which one to use?

That was just banking! Now imagine this fiasco with many different types of accounts. Utilities, online shopping, online document and picture storage, banking, health sites, government sites for digital ID and pensions etc., insurance, social media, streaming accounts, mobile accounts, the list goes on. I try to do myself a favour and those that survive me by storing all my login details in a password manager. We only need to unlock the vault, and pretty much everything is in there. But what if it isn't?

How many email accounts do you have? Your family would need to know they exist and how to get into them. Imagine if a family member has unknown email accounts and there's no record of them anywhere. Now imagine that this secret account is what some other accounts use to verify logins. Every account is a different

puzzle, with different verification, different email, different recovery path, different security questions. And every puzzle leads to another puzzle behind it.

Then there's the security questions. Maybe one of the questions is "What was the name of your first pet?" Maybe my family members know that it was "Spot." But what if they don't? What if I'm one of those people who knows it's not a great idea to answer those questions truthfully and instead wrote "Thunderbird." Is there any way anyone else could figure that out?

There's more. Imagine that a month after you pass a recurring charge keeps appearing on the credit card. Your family is wondering, "What is this? What is the company?" Good luck finding out. How are they going to cancel it if they don't know what email it's attached to or the login credentials?

Then comes a gut punch. Ninety days after the deceased has passed, one of their email accounts is deleted. Permanently. Inactivity. Nobody knew the account existed until it was already gone. Whatever was connected to that account, gone. Nobody will ever know what was lost.

Maybe you have all your account details written somewhere. Is everything up to date? Is anything missing? Could your family get into every account? This is what you need to plan for now, while you still know the paths to get into everything.

Karl Plesz

Your Productivity Guru

Reflections

"Walk lightly in the spring. Mother Earth is pregnant." This is a proverb derived from Indigenous wisdom. Isn't it beautiful! June is National Indigenous History Month, and that gives us the opportunity to reflect more deeply on some of our actions and how they speak about our beliefs. The Indigenous peoples of the prairies walked very lightly on the landscape. That's why we see little material evidence of their millennia of living and loving here. Instead, they imprinted knowledge and history on the landscape by carrying out rituals on special locations to mark key moments through time. The landscape becomes the memory, without physical modification. Another Indigenous philosophy is encoded in the (unattributed) quotation: "Walk softly upon the Earth. She is our Mother." When my grandparents arrived on the prairies, fleeing poverty and starvation in Europe, they brought with them a different approach, and carried forward the expectation that the landscape had to be modified to provide for them. They were ignorant of the knowledge and history already imprinted on the landscape.

Only recently have there been attempts to recognize the subtlety and importance of the cultures that already thrived here. Land Acknowledgment statements are one of those initiatives. This is an important first corrective step to the oblivion of the dominant society in Alberta and Canada to the Indigenous peoples and cultures that were displaced but still form an essential part of our communities. Every time the Land Acknowledgement is recited, we have the chance to think about the diversity of Indigenous cultures around us: The Siksika Nation, the Piikani Nation, the Kainai Nation, the Stoney Nakoda Nation, the Chiniki, Bearspaw and Goodstoney bands, and the Tsuut'ina Nation. These are rich, contemporary cultures!



Once I had the honour and pleasure to meet the late Narcisse Blood, who was a wise and remarkable gentleman from the Blood Reserve near Lethbridge. He came to my class and told stories to communicate his thoughts and philosophy. They were profound and we were deeply touched and changed. Through them, he illustrated his perspective that there is no returning to any past, the future that he saw envisioned a Canada that held high respect for the First Nations people, we are a single people, together constructing a single future, without recriminations, regrets, or feelings of guilt. I have heard this gentle and wise approach expressed by many Indigenous elders since then. We learned. It was a tragic loss when he died in on a wintery highway in Saskatchewan on his way to share again his important stories.

Narcisse Blood had just completed a documentary called "If the landscape could speak, and we would listen" in which we visited sites of historical and spiritual importance to the Blood people, who tread so lightly. I wished I could listen better, because that landscape is real! Here in Montgomery, we are not treading softly at all. Maybe we should try a bit harder. (If you wish, visit the website treadlightly.org for some good ideas to start with.) According to the City of Calgary census, 5% of the population of Montgomery is First Nations. Let's look around us and meet our neighbours! No better time than this month of June, when are encouraged to pause to contemplate and celebrate Indigenous History!

Denise Brown





HEAD IN THE CLOUDS

Clouds are heavier than you think!

The average cloud, at one cubic kilometre in size, weighs around 1.1 million pounds!

Swish ORAL CARE

Oral Care, Meet Self Care.

Four years and two locations later, Swish 3.0 is making moves this June, right in the heart of Mission. Sign up for our waitlist to get early access to fresh appointments when they drop.

Stay in Touch



swishoralcare.ca

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Nothing here happened by accident. This is an experience-first space, curated around considered moments. From our clinic design to the latest technology, every investment is made deliberately and with intention.



Sign up for the waitlist to get first dibs on Mission bookings when they land.



360° Wellness Starts Here.

Thinking of switching to Swish? Here's your step-by-step guide to becoming a Swisher.



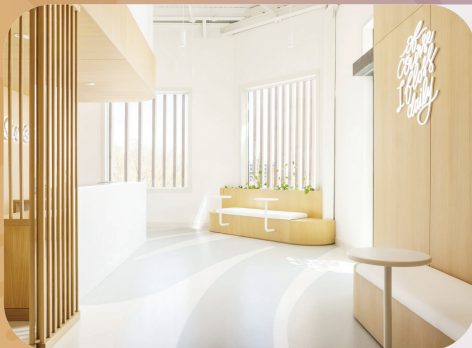
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Simply scan this QR code to be first in line when bookings open. After all, our waitlist will get first access to new appointments.



Book Online.

Ahead of Opening Day, we'll send you a booking link for you to book online. Schedule everything from your cleaning, to your whitening, to your kids' appointments.



A Special Sneak Peek.

As our new neighbour, you get the 411 on our new location. **Meet Very Well by Swish:** A curated lifestyle shop and listening lounge, tucked just inside Swish Mission. Think lifestyle books, magazines, and wellness products, curated by our Founder Adam Jiواني. Get ready to settle in and take a breath, because everything is well and good.

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Montgomery Neighbour Day!

We welcome all Montgomery residents and the residents in the surrounding areas to join us on Saturday, June 20 at the Montgomery Community Centre for this fun event to meet your neighbours!

Further details on our event calendar. Just click the link on our website at www.mcapeople.com.

Neighbour Day is Calgary's celebration of community spirit and connection. Held each year on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year.

Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.



Music! Food! Fun!

It's the second annual Great Big Family Picnic!

New this year: the Kidzone with a bouncy castle, face painting, and games!

Saturday, August 15 from 12:00 to 7:00 pm.

MCA Great Big Backyard

Bring lawn chairs for the adults; blankets for the kids.

It's a family affair!



The Montgomery Community Association is excited to announce our very first online 50/50 fundraiser! Grab your tickets now!

Our Association is working to provide more family and intergenerational programs and events to help foster connections within our wonderful community.

Funds raised by this raffle will support ongoing activities and programs, including our upcoming Great Big Family Picnic.

The winner will be contacted to claim their prize.

Thank you for your support!

AGLC Raffle License 779523.

Visit <https://www.rafflebox.ca/raffle/montgomery-community>.

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Backyard Play Safety

by Emergency Health Services



Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.

- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.



Saturday Night Picnic

Join us for our Saturday Night Picnic series and enjoy a taste of what's to come.

On the third Saturday of May, June, and July, the MCA Centre South Field opens for casual community evenings filled with picnics, connections, and outdoor fun. These teaser events are the perfect way to gather with neighbours, enjoy the space, and build excitement for our signature summer picnic in August.

Bring your family, bring your friends, and bring your own picnic essentials—food and drinks, lawn chairs, picnic blankets, or even a BBQ.

Everyone is welcome!

Dates and Time

- Saturday June 20, 2026, 5:00 to 9:00 pm.
- Saturday July 18, 2026, 5:00 to 9:00 pm.

Location: MCA Centre South Field better known as our Great Big Backyard!

*This event is weather dependent.

why MCA

We are a not-for-profit organization. Simply put, we would not exist without your support.

Your Membership directly enables community programming and events, like our Night Market, the MCA Festive Market, monthly Seniors' Brunches, Healthy Living workshops, and many more seniors, infant, and intergenerational learning moments.

Our programs and events include karate, low impact stretching sessions, rhythmic gymnastics, drop-in pickleball, Brazilian Jiu-Jitsu, inline skating lessons, soccer for Smurfs, live music events...

And 10% savings with 36 local and nearby businesses!

It is collaboration at its simplest form. It is neighbours helping neighbours. And it is all based on your involvement, and it starts with your membership. Thank you!

Scan the QR code to go directly to the member sign up!



A membership link is also on our website at mcapeople.com.

Joke of the Month

What do you call a noisy horse?
A heard animal.





News from Friends of Nose Hill

by Anne Burke

The City Nature Challenge is a global community citizen science event when community groups, experts, and residents collaborate to find all types of nature around them. In the Calgary Metropolitan Region, the top 150 users in 2024 surpassed 10,000 observations. By then, they had uploaded a total of nearly 40,000 observations of Calgary's local flora and fauna. The year marked the 10th anniversary of both iNaturalist and the City Nature Challenge. For the Calgary Area, in 2025, there were 15,923 observations, 28,462 identifications, 891 species, 659 identifiers, and 356 observers. In 2026, the 8th annual Calgary City Nature Challenge focused on data quality for plants, insects, fungi, and wildlife. All information on Calgary's natural areas posted on iNaturalist can be used to revise and update the 1980 Calgary "Green Book" by 2030. Although you do not need an expert to lead a nature walk, John McFaul of Nature Calgary, in cooperation with Bird Friendly Alberta, guided field trips on Nose Hill. The group met near the 64 Ave and 14 Street NW parking lot. Much of their trip was off paved trails and on unlevel ground. A previous walk started at the Berkley Gate and 14 Street NW entrance. Calgary was one of the first certified Nature Canada Bird Friendly Cities. Injured birds can be rescued, in early morning and at night, but, of course, prevention is preferred. The aim is to identify and reduce threats since, in an urban environment, city lights and reflections cause collisions. Window treatments can help. Also turning off unnecessary lights. During fall and spring migrations, downtown is unsafe due to tall buildings, especially at night. Wildlife cameras examine how birds travel and weather radar is used to predict flight directions to support conservation and research. Learn more at <https://birdcast.org/>.

Drop In Pickleball at the MCA Centre



Monday, Wednesday, and Friday afternoons from 1:00 to 3:00 pm. \$7 drop-in fee. Cash is preferred. Credit cards and debit cards accepted.

We are one court, rotating drop in. Expect to laugh lots. Especially at oneself. This is a fun community group you will be a part of; it grows and shrinks with the seasons and travel plans.

Drop in one afternoon, meet the herd, and stay active with this low impact, incredibly social sport. Mid-level skills, please, these particular sessions are not for first timers.




Children's Cottage Society Donation Box

The Children's Cottage Society uses 23,900 diapers every year! And 71,700 baby wipes annually! If you feel like helping out, they make it easy to drop your needed and appreciated gift off. We have a donation box in the front lobby of the MCA Centre that is taken when it is full. Thank you!



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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



Seminar Leaders! Business Leaders!

Group training? Brainstorming sessions? Get your staff out of the office to a comfortable neutral location. This will help inspire creativity and attention. Our boardroom accommodates up to 25 people. Our main hall can seat up to 300 people. Round tables. Square tables. Horseshoe setup. Break away tables. A full complement of A/V equipment. Reasonable rental rates! Fully certified kitchen facilities.



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✉ corey.hogan@parl.gc.ca

Calgary is a city that builds, competes, volunteers, and shows up. That is why I was pleased to see the Spring Economic Update include \$755 million in sports funding. This investment will help more kids and families become active, support community programs and facilities, and back the world-class athletes who make Canadians proud.

Sport is community-building. It is where youth learn teamwork, where families connect, and where local organizations create belonging — on fields, rinks, courts, and tracks.

The update also includes measures that matter for affordable housing in Calgary. At Midfield Heights, 176 new homes received \$20 million through the Alberta Housing Partnership Program, part of a ten-year, \$678 million cost-matched investment to get homes built for Albertans. These are safe, affordable homes made possible through partnership, showing what happens when governments and community organizations work together to move housing from idea to reality.

The Spring Economic Update continues that work nationally, with measures to unlock new housing supply, accelerate low-cost financing for rental homes, support factory-built housing, and help provinces and territories remove construction barriers. For Calgary families, that means more homes, more options, and stronger, more connected communities.

There is also support for workers and young people, including Team Canada Strong, which will help train and hire the skilled trades we need for housing, infrastructure, and major projects. The update builds on 175,000 employment and work-integrated learning opportunities through Canada Summer Jobs, the Youth Employment and Skills Strategy, and the Student Work Placement Program.

For Calgary, these measures mean stronger communities, more affordable homes, more opportunities for youth, and better pathways into skilled trades. As your MP, my focus is making sure federal policy keeps delivering to build a Calgary, Alberta, and Canada strong for all of us.

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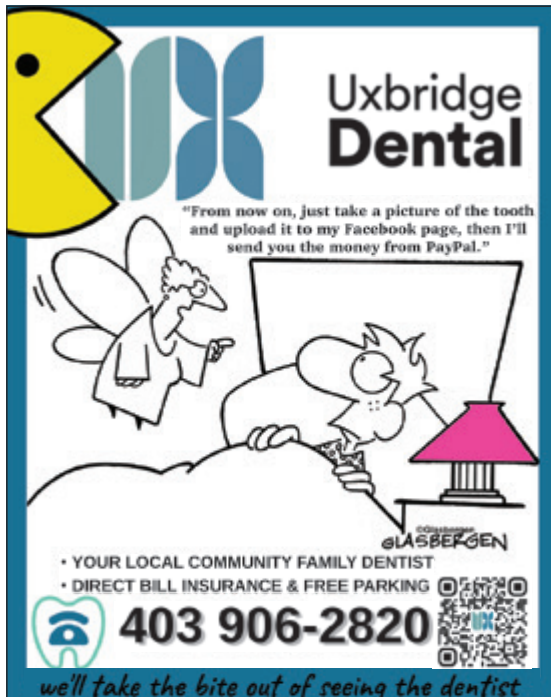
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