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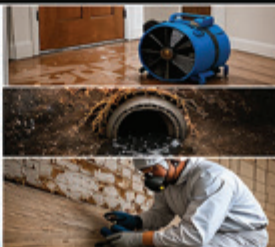
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MCA

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President	Shane Corriveau
Vice President	Jay Bedford
Treasurer	Cam Gardner
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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

☎ 403-247-3116

Save 10 Percent!

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



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- 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

Spring is here! Birds are chirping, the sun is shining, and all is deemed wonderful in our cozy community.

Thank you to all who helped save water during the repairs and upgrades to the existing water systems last month. Though we may still feel some turbulence this year, the City is working very hard to implement our new water infrastructure, on course to be completed by year's end.

For our centre, we're looking very much outwards this term. We're focusing on events and programs which get you more engaged with us! Our committees are working feverishly to get grant funding and upgraded infrastructure both within and outside our centre. We have plans where we're hosting more events than ever for the community and our friends.

Stay tuned for teasers leading up to our signature summer event—our Great Big Family Picnic (GBFP) on August 15. That's when we host a music festival with children's activities, food, and drinks and celebrate summer!

To tease the community and generate some excitement around that, look to the next few months to engage with us. You'll be invited to come down, meet board members who are working for you, hang out on a picnic blanket, and enjoy the sun with good people and the fantastic mood of it all. Of course, these teasers don't have any cost—simply bring your favourite foods if you like, friends, and plenty of smiles.

With our new term for this year, we're always looking for volunteers—whether it be the GBFP, helping around the facility, working with board members on some committees to make us greater—much opportunity in a very friendly, productive, and rewarding environment.

Contact secretary@mcapeople.com if you and/or a group of your peers want to help out. We have a very exciting year ahead and by pulling together, we'll make it the best, most brilliant year at the MCA. Thank you, see you at the teasers and enjoy your spring!

Shane Corriveau

Senior's Social Potluck Brunch

Bring something to share. And we will do the same. Bring a friend who needs to socialize a bit. And we will make them feel very welcome. It's a monthly affair for those 60 and over!

Saturday, May 16, June 20, and August 25

- Mingle at 11:00 am
- Lunch at 12:00 pm

The Montgomery Community Centre:
Corner of 16 Ave NW and Home Road.
Across Home Road from Tim Hortons.

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COMING UP!



MCA Seniors Potluck Brunch

Our monthly gathering for 60 plus.

Mingle 11:30 pm, lunch at 12:00 pm, guest at 1:00 pm.

May 16, June 20, August 25.



Meet Your MCA Board of Directors

Monthly meetings third Tuesday of the month. 7:00 pm.

MCA Boardroom.



Pickleball Drop-In

Mondays, Wednesdays, Fridays. 1:00 to 3:30 pm.

Only \$7 drop-in or monthly punch card for \$60.



Combined Martial Arts

Shotokan Karate, Brazilian Jiu Jitsu, Boxing

Mondays, 7:00 to 8:30 pm. Thursdays, 6:30 to 8:30 pm

For information call 403-383-5972.



Learn In-Line Skating

Alien brings their program to the MCA!

Ages 6 to 12 plus advanced.

For information call 403-262-4404.



Little Kickers Soccer Classes

Sunday mornings. Ages 2.5 to 5.

Looking for a fun, engaging way for your child to get active and learn? Little kickers has you covered!

For information call 587-287-4513.



Alberta Healthy Living Program

June 18: Try a Little Self Kindness!

September 10: Thrive at Every Size

November 19: Better Breathing



MCA Book Club

The second Tuesday of the month from 7:00 to 8:30 pm in the boardroom at the MCA .



Barbaro Klub Sober Dances

Starts at 7:00 pm. \$15 at the door. Open to the public.

June 20, August 22, October 24, December 19.

Looking Forward...

- May 15: Indian Classical Music Concert
- May 16: Children's Cottage Fun Run
- June 7: Move For Liver Weekend
- June 27: SHNL In the Park
- July 4: Big Band Stampede Party
- August 15: Great Big Family Picnic
- August 22: Klub Sober Dance
- October 31: Halloween Ball
- December 5: Christmas Market
- December 19: Santa Jam!

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Password Rules Have Changed

Remember the old password requirements? Minimum eight characters. No words. At least one of each type of character, lowercase, uppercase, number, and symbol. The more random the better. G5#epN2: the perfect password. Impossible to guess. Impossible to remember. And you have to change it at least every three months (in a work environment anyway).

Fast forward to today. The experts at NIST have evolved the recommendations over the years. Now they request at least 15 characters. I say, the more, the better. I typically don't stop at 15. Do you still need the four kinds of characters? Not really. It helps with the complexity angle, but length trumps complexity. Every. Time. The obstacle you're going to run into is whether the website or service you're logging into lets you not use capitals, numbers, and symbols.

The new strategy is passphrases. Seemingly unrelated words strung together mean something to you, but unlikely to mean anything to anyone else. For example, the phrase "mackayanrockyhiker" probably means nothing to you, but it sure does to me, and it would be super easy for me to remember. BitWarden's password strength tester rates that combination as strong. Well then—mission accomplished!

In all seriousness though, you shouldn't be trying to remember countless passwords anyway. That's what a password manager app is for. It will change your life, because you only have to remember one password. Experts don't ask you to change passwords anymore either, unless they are critical accounts with lots of high-level access.

Karl Plesz

Your Productivity Guru



The start of a beautiful season, and our MCA Community Garden has once again been fully subscribed!

We're easy to find near the top of 48 Street just south of 32 Avenue. And even if you're not a member of the garden, we still invite you to stop by and find out more about our crew and our plot of land. Saturdays are best!

We grow several crops. Fresh, sweet, and delicious strawberries, red raspberries, and the well-loved saskatoon berries. Also, haskaps and rhubarb. Combine the rhubarb with the strawberries and you've got one of the most popular pies of all time!

How about fresh vegetables? Such an important part of our daily diet. Potatoes, peas, beans, carrots, melons, squash—the list really goes on. Oh, herbs too!

By the way, our parent organization, the Montgomery Community Association, is researching the location of a second community garden in Montgomery. It's obvious by the comments we hear and the emails we receive that there are enough potential green thumbs that another 35 participants will be easy to attract.

We have a seed exchange box, located on the chain link fence near the southeast corner of the garden. Look for the little wooden box—have a seed, share a seed; need a seed, take a seed.

If you don't know what to do this summer—garden! It's a wonderful way to get outdoors, enjoy some sunshine and learn about what nature provides for us all—we just have to help ourselves.

All the best through May and June and we'll catch you on the next issue. Don't let any weeds stand in your way!

You can always reach us at gardenmca@gmail.com.

1PM -7PM

CHALK ART COMPETITION
AND STREET MARKET

CALLING ALL VENDORS!



BE PART OF THE ART!

VENDOR APPLICATIONS ARE OPEN

LOCATIONS BETWEEN 44TH AND 46TH STREET
SPACE IS LIMITED

FOR THE 2026 CHALK THE BLOCK
VENDOR APPLICATION FORM

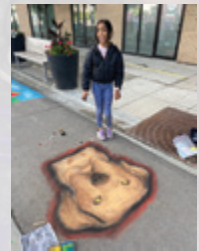
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DEADLINE FOR ENTRIES JUNE 1ST (SPACES ARE LIMITED)

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SCAN HERE
FOR REGISTRATION & LEARN MORE



1PM - 7PM

CHALK ART COMPETITION
AND STREET MARKET

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JUNE 27, 2026

MONTGOMERY'S CHALK THE BLOCK COMPETITION & STREET MARKET

CHALK ART COMPETITION SURROUNDED
BY LOCAL VENDORS AND FOOD TRUCKS
GAMES & ENTERTAINMENT FOR ALL AGES
LIVE MUSIC, BEER GARDEN & MORE



BOWNESS ROAD BETWEEN
44TH AND 46TH STREETS NW



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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 May 16, 2026, 5:00 to 9:00 pm.
- 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.

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.



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A better way to spend your day.

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- Learn:** Spring Speaker Series
- Explore:** Day trips/tours around town
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Progressive Jackpots • Pull Tickets
Soups and Sandwiches

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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!

Montgomery Book Club

Share. Connect. Reflect.

Join us for the Connection & Community Book Club—a welcoming space for adults unwind, connect, and engage in meaningful conversation. Whether you're new to the community, a caregiver needing a moment to recharge, or simply seeking connection, this is your invitation to belong. No prior book club experience required



Upcoming books available at the Calgary Public Library:

May 12 - *The Library of Lost Dollhouses* by Elise Hooper

June 9 - *The Frozen River* by Ariel Lawhon



Second Tuesdays of the month (March 10, April 14,.....) 7:00- 8:30 PM MCA 5003 - 16th Ave NW



Romantic Spanish

Explore Spanish through the lyrics of Romantic Latin American songs!

Listen, enjoy, and improve your Spanish vocabulary.

May session: Wednesday, May 20, 4:00 to 5:30 pm
at Bean and Cream, 1866 45 St NW
in Montgomery.

Another fun Montgomery Community Association event, free of charge for Montgomery Community Centre members.

Hosted by Denise Brown.



MCA Great Big Family Picnic

This year's MCA Great Big Family Picnic is Saturday, August 15. This is growing into our community's signature event. Would you like to volunteer with us for a few hours at what is going to be a very fun family focused lawn chair and laughter type of day? We would love you to be a part of our growing team! Contact us at manager@mcapeople.com.

Reflections

Spring into Montgomery

Welcome to spring, dear neighbours! A most stunning Canadian experience: walking through our neighbourhoods with the return of light and warmth to see everything through new eyes! This is particularly true in our beautiful Montgomery, where there are also many innovations to discover! We older residents will notice new residences and new neighbours, with lots of lively little kids plus a plethora of novel dog breeds. Take all of this in, with the returning songbirds, the crocuses, onions, and rhubarb poking through the remains of winter, the smell of spring is in the air! It's time to be outside again!

Walk down your block and around the corner to see our transformed, magical streetscapes! We have blossoms! It is difficult to grow fruit trees in our climate, but as an established community, Montgomery boasts hundreds, and they are evident in May while in flower! From deep magenta flowers, through powdering pink, to brilliant white, the streets are festooned! You can guess what fruit they will produce. Do not miss a springtime stroll! Take some photos! It is joyous!

Our riverbanks are also coming to life! You can see it, smell it, feel it, and hear it! The birdies are back, the earth is damp, and the riparian vegetation is emerging! We are so blessed to have the river as part of our community.



Take a wander down to Mainstreet Montgomery... find new shops and eateries, complementing the old favourites! This is a friendly, walkable, historical, community... not just a neighbourhood! That means we have an identity: we like to know each other and feel familiarity and closeness. Plus aren't we proud of our growing diversity? Our neighbours come from all over the world and from all walks of life. We live in houses big and small, owned and rented, new and old, making this a rich and exciting environment! This has been a characteristic of Montgomery for decades! Isn't that why we love it?

So, say hello to your new neighbours! Be sure to greet people with a smile and a "hello" or "good day" as you take your exploratory walks! Make eye contact and develop friendships, please! Oh yes, and take a break from the car! Gas is too expensive, anyway! Try walking up the hill from your house, through Montgomery to the University District! Try taking the jaunt down to the river valley with gorgeous forest walks and beaches! Swing by the Community Centre to join in many wonderful community activities (and say hello to Dave and Spike). There are monthly community picnics planned for that space of play behind the Centre. Join in! Robin Williams is quoted as having said, "spring is nature's way of saying 'let's party!'" I love that! Let's celebrate spring!

Denise Brown



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.



Montgomery Bike Park

With spring upon us we're excited for another awesome season at the bike park. We have some exciting plans in the works for this season including some landscaping work and improvements to the existing trails and woodwork in the park.

Come out to the track on the evening of June 17 for the southern Alberta pump track racing series season opener. Watch our socials for updates on the event. Come watch or come out and race!

The park is run and maintained by a small group of volunteers, if you'd like to get involved, please reach out to us via the MCA or our Facebook page. When you're at the park, please enjoy, but please don't move wood or other materials around to improvise jumps or dig new trails. We spend a lot of time trying to keep ahead of the weeds and fix any signs of damage at the park, but we need everyone's help to keep the park safe and good to go for everyone. When people improvise jumps, it can lead to unsafe situations for other users. We're committed to a really great park that gives challenges to all levels of riders, but we need to ensure that it is as safe as possible. If you see homemade jumps or piles of junk, please reach out and let us know.

We also try to keep up with the garbage can, but if it's full, a call to 3-1-1 can get it on the list to empty.

Here's to another summer of great riding in the community at the bike park!

We'll see you out there

Gord Jones

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.

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 ♥



Feedback

Editor's note: We received a wonderful email in response to the cover photo on the March issue of the *Montgomery Messenger*. You can always reach us at feedback@mcapeople.com.

To Whom It May Concern,

I was pleasantly surprised to see the photo of the Montgomery Fire Department on the front page of the *Messenger*. I believe my father, Gerald Long, is the person standing fourth from the right at the back of the engine. While I am unsure of the exact date, the photo would have been taken between early 1958 and August 1963.

Following my father's passing in 2004, I came into possession of a small badge which I would like to donate to the Community Association.



Additionally, I have attached a photo of three members preparing dolls for Christmas gifts. I am still searching for the original publication date and will share it once found.



Best regards,

Brendan (Dan) Long



MP Calgary Confederation
Corey Hogan, MP
207-1717 10th St NW
Calgary, AB T2M 4S2
📞 403-410-2121
✉ corey.hogan@parl.gc.ca

It's said that home is best understood from a distance. You never feel more Calgarian than when in Edmonton. You never feel more Albertan than when in Ontario. And you never feel more Canadian than when abroad.

One of the upsides of travel to Ottawa is it affords me a lot of opportunity to think about our home, and how being a westerner shapes me and how I try to serve as your representative.

Alberta, as we know, is more complex than it appears from a distance. Some of us are gunslingers, some of us are barn-builders. But all of us are shaped by our home. Westerners are direct. We like things to be said plainly. We like arguments that stand up to scrutiny.

Westerners are practical. We're less interested in whether something sounds good than whether it works.

Westerners are egalitarian. People should get a fair shot. Effort should matter. Systems shouldn't be rigged.

Westerners are welcoming. People come here from everywhere – and they build lives. We care whether you're willing to contribute.

Westerners have a strong sense of stewardship. Of land. Of resources. Of leaving things in better shape than we found them.

And westerners are patriots. We never stop building this country. We never stop fighting for it.

Sometimes, these western values push our politics one way. Sometimes, in different ways. But there are many ways to be a westerner, and a strong community isn't one where everyone agrees. It's one where people feel comfortable participating, sharing ideas, and working together despite differences.

In the end, the goal isn't to eliminate disagreement. It's to build understanding, and to find a path forward. That starts when neighbours meet not as political identities, but as people invested in the same place.

I am honoured to be your MP,

Corey Hogan

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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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If you live in Montgomery, you should follow the Montgomery BIA and the Montgomery Community Association on Instagram and Facebook!

Montgomery is considered to be one of Calgary's most vibrant communities with a population of 4,850 and a business district of 120 retailers and service providers.

From savouring unique flavours at our neighbourhood eateries and finding one-of-a-kind treasures in our charming shops to supporting the essential services that keep our community thriving, Montgomery offers a rich tapestry of local experiences that connect us all.

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