

AUGUST 2023

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

ACTIVATE YYC – MCA COMMUNITY GARDEN
MORE PHOTOS ON PAGE 9



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WE'RE HAVING A BLOCK PARTY!

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SEPTEMBER 17, 1-4 PM



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For details visit:
myuniversitydistrict.ca/blockparty



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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• MONDAY •

• WEDNESDAY •

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MONTHLY PUNCHCARD
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MORE INFORMATION
WWW.MCAPEOPLE.COM**

MUST BE AN MCA MEMBER TO PLAY

403-247-3116

*UP TO 12 SESSIONS A MONTH

manager@mcapeople.com

The next Montgomery Seniors' Social will be held on Thursday, August 17. The Bowness Lions are providing a Stampede-style breakfast, everything in, and free. This will not be potluck-style; just bring your enthusiasm and your appetites!



Thank You, Neil!

Thank you, Neal Greywall, for all your hard work as Director, Planning Co-Chair!

THANK YOU

Cigarette Litter

from the City of Calgary



Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter range from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.

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	Vacant
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 Nicolaidis	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!

**EVERGREEN
ORCHARDS**

EVERGREEN FARM STAND



@MONTGOMERY COMMUNITY ASSOCIATION

In partnership with The City of Calgary and the Montgomery Community Association, Evergreen Orchards will launch a fresh food stand in our parking lot. Evergreen Orchards, owned and operated by Danny and John, sells a variety of fresh fruit and vegetables grown predominantly in Alberta and BC. Stop by, meet Danny, John and the team, and take home some fresh ingredients for dinner.



STARTING JULY 15 UNTIL FALL 2023

EVERY SATURDAY 10:00 AM - 5:00 PM

MCA PARKING LOT: 5003 16TH AVE NW



**NATIONAL
Terry
Fox
DAY**

After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days! Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.

Tune-Up Software Isn't Always Better

by Karl Plesz

You may have heard about software that promises to tune up your Windows computer. Some of this software can even be had for free. But what is the catch? There's always a catch. In many cases, free software comes with unwanted baggage, and tune-up software is no different. Even though the makers of the program will crow about its abilities, it takes a simple online search of the cons of a product you're considering to reveal the downside of using it to make changes to your PC.

The situation is made more complex by the fact that these programs try to be a 'one size fits all' solution, and this is almost impossible to achieve. Worse, you often have no idea exactly what changes the software is making to your computer, and you may encounter a new, unusual symptom in the future and not put two and two together. Did your automated tune-up software change something that created a new issue? You'll never know.

A better approach to a tune-up is learning how to do it yourself, manually. All of the apps I'll mention are installed and can be found using Windows' search. It starts with uninstalling programs that you don't use anymore. 'Add or Remove Programs' lists every app on your PC. Select the ones you haven't used in many months and uninstall them, one by one. 'SFC' will run a system file check and repair any files that have become corrupted. If Windows is misbehaving, look up the 'dism' command online and learn how to run a 'Restore Health' option. This will fix any Windows corruption not

discovered by SFC. Make sure you're updating Windows automatically and if not, adjust that setting. Make sure your other critical programs are getting updated too, like Google Chrome and Microsoft 365. Last but not least, find 'task manager' and go to the 'Startup' section. If there are a lot of apps opening every time you start Windows, this can make the system slow. Research each entry to see if it can be safely disabled from startup, then disable the safer candidates. These changes will come into effect on the next reboot.

Finally, search for and run 'Disk Cleanup.' It will offer to delete surplus system files. Note what you can delete and select all the categories you feel comfortable getting rid of. Do your research. You will find that most of these files are safe to delete. That's all there is to it. Nothing to download, no unintended baggage, no risky configuration changes.

To take your cleanup to the next level, make backup copies of all the irreplaceable files you have on your PC, such as your documents, music, videos, and pictures. You could even make one copy on an external drive and for extra safety, a second copy in the cloud. With two copies of those all-important personal files elsewhere, you can elect to clean out anything older than a year or two off your PC. I bet your computer works better now.



SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.

Four-Legged Friends Seeking Homes

from the City of Calgary

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE FOR THE ANSWERS!

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.

CALGARY POLICE SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

MONTGOMERY COMMUNITY FENCE ART PROJECT UPDATE: ACTIVATE YJC GRANT



MONTY'S PUB



Let's Talk About Music

by Spike Richards | events@mcapeople.com



It's nearly back-to-school time. Wait, we never actually leave "school," do we? Sorry kids, just when you thought. Our smurfs are lucky; there are so many amazing music teachers running programs in our public and private education systems. Hats off and a huge thank-you to all of them for their effort and care!

There are many private music instructors and schools to be found, too, both for your children's upgrades, and for you! Have you played before? Are you going back to your high school instrument, or are you swapping a camping ukulele and harmonica for that tuba that you carted to/from those competitions? Do research, check references, and ensure you "feel" the vibe with your instructor before you commit to a long-term handshake. This is a creative class demanding your involvement; you set the agenda, the method, the pace with your mentor. You also set the bar, as you both create and write your own subjective exams. The biggest thing you can do? Have fun. Lots of it.

The June 23 MCA Pub Night was fun! Dawn and Shane from Black Snake Moan, and their good friend Dean, played a trio of sets for us. We are getting there, tweaking, learning, and most importantly... we see that you are enjoying this series of live music events. Thank you lots to our team of volunteers and MCA staff making this happen. There are a few pictures in this issue.

July 23 is five days away as I write this. I am going to assume that our afternoon Drum Circle and presentation of ScruffyFish went very well, and that you all had a lot of fun.

September 16 is the next time we are presenting some live music at the MCA hall to you. The award-winning minstrel Tim Williams will be making us swoon with stories and songs as only he can, with a specific focus on Mexican Independence Day. Join us at noon!

September 17 is our MCA Community Cleanup; we could use your volunteer help so please do get in touch!

Bowness Stampede Parade

Our friends across the creek deserve a huge bunch of respect and love from all of us who attended the Bowness Stampede Parade and Breakfast this year. Wow, and thank you. Great job! We are considering entering an MCA Parade Float for next year. Are you interested in helping? We have almost 12 months notice. Send Spike a note at events@mcapeople.com.

MCA Community Cleanup! Sunday, September 17

If you can help out, we would love you to be part of our growing team of laugh-loving, hard-working volunteers! Send Spike a note at events@mcapeople.com.



Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!

carya

**Summer Drop-in Play
Starts Tuesday, July 4
10-11:30**



**Elder Friendly Communities
NorthWest Summer 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Zoom Chair Yoga <i>Weekly Drop In</i> 11:00 - 12:00 Contact Kate for link</p> <p>Craft and Chat <i>Weekly Drop In</i> 1:00 - 3:00 Bowmont Commons</p>	<p>Group Series <i>Please Register</i> 1:00 - 3:00 Bowmont Commons</p>	<p>Taste and Try <i>Weekly Drop In</i> 1:00 - 3:00 Awaken Church</p> <p>Community Meal <i>Please Register</i> Last Wednesday of the month 1:00 - 3:00 Awaken Church (No Meal in July)</p>	<p>Let's Move <i>Weekly Drop In</i> 10:00 - 11:00 Awaken Church</p>	<p>Tech Support <i>Please Register</i> 9:00 - 11:00 Bowmont Commons</p> <p>Zoom Zumba <i>Weekly Drop In</i> 10:00 - 11:00 Contact Kate for link</p> <p>Walking Group <i>Weekly Drop In</i> 1:00 - 2:30 Contact Kate for location</p>

Awaken Church
6508 Bowwood Drive NW

carya Bowmont Commons
5000 Bowness Rd NW

For Information or to RSVP
Kate Hunter kateh@caryacalgary.ca 403.681.6193

Please note programs will be paused the following dates of July 10 to 14, July 24 to 28, and Aug 4 to 11

Flip over for program descriptions on the back of this page




All Programs are Free of Charge!



carya

Bowmont Families Together Summer 2023



TUESDAY	WEDNESDAY	THURSDAY	Locations
<p>Drop-In Play 10:00 AM - 11:30 AM July 4 - August 22</p> <p>MCA</p> 	<p>Time for You 10:00 - 11:30 AM July 5 - August 23</p> <p>Bowmont Commons</p> 	<p>Family Thursdays 10 - 11:30 AM July 6 and 20 August 3 and 17</p> <p>Bowness Park</p> 	<p>MCA Montgomery Community Association 5003 16 Ave NW</p> <p>Bowmont Commons 5000 Bowness Rd</p> <p>Bowness Park Look for the purple carya flag near the playground.</p>
For more information contact bft@caryacalgary.ca			

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

Cats, Canines, & Critters of Calgary



Baloo and Walter, Springbank Hill



JC Cat, Evanston



Pepper, Evergreen



Tuxedo Joe, Cranston

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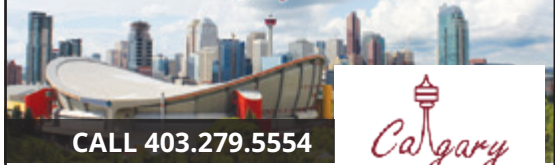
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In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!



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ROTARY RIBFEST - SEPT 8-10: The famous BBQ Rib and Chicken trucks from the Stampede events will be providing the food and the Rotary clubs are hosting the family fun festival with live bands, beer garden, food trucks and fun for the whole family. Check out the website for the schedule of the bands. yycrotaryribfest.ca.

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.

LOVING PET CARE IN MY HOME NEAR MARKET MALL: Hourly drop-ins, daycare, overnight and longer term stays. Please note: Dogs need to have had their vaccinations including rabies and should be well adjusted, well socialized and fixed. Excellent for older dogs needing cozy space! 587-288-3755 or thefurrycottageinn@gmail.com.

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has to
face
cancer
alone.



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