

NOVEMBER 2023

DELIVERED MONTHLY TO 3,225 HOUSEHOLDS

# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

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THE SENIORS SOCIAL  
IN SEPTEMBER!  
SEE PAGE 9**



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Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



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[calgary.ca/rpp](http://calgary.ca/rpp)

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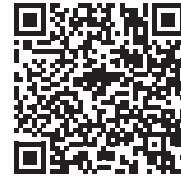
**Share your thoughts from November 14 - December 11, 2023:**

- Tell us what you think via **online engagement** at [calgary.ca/Shaganappi](http://calgary.ca/Shaganappi).
- Check your mailbox for an **engagement booklet** or pick one up at an Engagement Station (see map online) starting Nov 14. Each engagement booklet includes a feedback form that can be mailed in with prepaid postage included.
- Join an **engagement session** – check out the schedule and register at [calgary.ca/Shaganappi](http://calgary.ca/Shaganappi).

# Get Involved

## South Shaganappi Communities Local Area Planning

The South Shaganappi Communities Local Area Plan will set the vision for how your communities will evolve over the next 30 years.



We need your input as we create a local area plan that will provide direction on where and how future growth, redevelopment, community improvements and investments could happen in the South Shaganappi Communities of Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, the University of Calgary, University District, University Heights and Varsity.

### We want to hear from you

Phase 2 of the South Shaganappi Communities Local Area Planning project kicks off November 14, 2023.

In this phase of engagement, you can provide feedback on topics including:

- **The Draft Vision and Core Values for the South Shaganappi Communities** - the big ideas, hopes and priorities for the area's evolution.
- **Potential Focus Areas for Moderate-to Large-Scale Growth** - where homes and businesses that are 4+ storeys might fit best.

**Learn more at [calgary.ca/Shaganappi](http://calgary.ca/Shaganappi)**



23-0032491-23565



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• WEDNESDAY •

• FRIDAY •

\$7.00 DROP-IN  
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\$60\*

PURCHASE MEMBERSHIP AND  
MORE INFORMATION  
[WWW.MCAPEOPLE.COM](http://WWW.MCAPEOPLE.COM)

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\*UP TO 12 SESSIONS A MONTH  
[manager@mcapeople.com](mailto:manager@mcapeople.com)

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COME CHECK US OUT!



## Executive

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

## Staff

Operations Manager	Abi Harker manager@mcapeople.com
Building and Maintenance	David Hoskyn building@mcapeople.com
Engagement and Communications	Ali MacQuarrie engagement@mcapeople.com

## Directors

Director, Memberships	Elizabeth Laishley
Director	Kayla Doiron
Director, Planning Co-Chair	Vacant
Director, Events	Michael "Spike" Richards events@mcapeople.com
Director, Seniors' Social	Kim Olsen
Director, Volunteers	Benjamin Valenzuela volunteer@mcapeople.com

## Elected Representatives

City Councillor	Terry Wong	403-268-2430
MLA Calgary Bow	Demetrios Nicolaides	403-216-5400
MP	Len Webber	403-220-0888

## Contacts

Community Liaison Officer	David Down pol3847@calgarypolice.ca	403-428-6200
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## School Board Trustees

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

## Stay Connected With Montgomery

✉ **General Email Inquiries:** [manager@mcapeople.com](mailto:manager@mcapeople.com)

### Newsletter Submissions

David Hoskyn: [editor@mcapeople.com](mailto:editor@mcapeople.com)

📍 5003 16 Avenue NW T3B 0N2

📞 403-247-3116

🌐 [www.mcapeople.com](http://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](mailto:manager@mcapeople.com) for more details!

## Rental Rates

Please contact the office at 403-247-3116 or email [manager@mcapeople.com](mailto:manager@mcapeople.com) for hourly and daily rental rates.

Visit [website](http://www.mcapeople.com) 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](mailto: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](mailto:editor@mcapeople.com). High quality photos are also welcome.

## Virtual Registrations

The following are available online at [www.mcapeople.com](http://www.mcapeople.com):

MCA Family and Business Memberships

MCA Community Garden Registration

Visit [www.mcapeople.com](http://www.mcapeople.com) for more information!

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**BOWMONT FAMILIES TOGETHER**

## CARYA Montgomery Drop-in Play

A free program for families to connect and play. Drop by any Tuesday morning for a coffee and some play time in the gym! Join us for a mini parent-child mother goose at the end!



**MONTGOMERY  
COMMUNITY ASSOCIATION  
5003 16 AVE NW**

EVERY TUESDAY  
SEPT 12 - DEC 12  
9:30- 11:30 AM

For more information contact  
[BFT@caryacalgary.ca](mailto:BFT@caryacalgary.ca)



**MCA  
MONTGOMERY  
COMMUNITY ASSOCIATION**

# Rent Our Kitchen

Our large, AHS approved commercial kitchen is the perfect space to rent for parties, cooking classes, food preparation and catering!

Please email:  
[manager@mcapeople.com](mailto:manager@mcapeople.com)

[www.mcapeople.com](http://www.mcapeople.com)

# MCA Community Garden

What a year it has been at the Montgomery Community Garden! There is so much to celebrate: our increase from 30 to 35 members, our pixel art installation (thank you to the ActivateYYC grant), our successful experimental crops (leeks, parsnips, and a variety of new squash), our connection with Terrace Road School, new compost bins, Arbutus landscaping for their compost delivery, new neighbourhood connections, and simply the beauty of watching our food grow. Thank you to our members for making the garden so bountiful.



  
MONTGOMERY COMMUNITY ASSOCIATION'S:  
**FESTIVE ARTISAN MARKET**  
DECEMBER 1 & 2, 2023  
5003 16TH AVE NW, CALGARY

**CALLING ALL VENDORS!**

WE ARE LOOKING FOR LOCAL MAKERS, BAKERS, ARTISTS AND CREATORS WHO SELL UNIQUE HANDMADE GOODS!

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## CRIME STATISTICS

### Montgomery Crime Activity was Up in September 2023

The Montgomery community experienced 14 crimes in September 2023, in comparison to 6 crimes the previous month, and 25 crimes in September one year ago. Montgomery experiences an average of 14.9 crimes per month. On an annual basis, Montgomery experienced a total of 179 crimes as of September 2023, which is down 32% in comparison to 262 crimes as of September 2022. To review the full Montgomery Crime report visit [mong.mycalgary.com](http://mong.mycalgary.com).

*How To Report Crime In Montgomery: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



**MCA**  
MONTGOMERY  
COMMUNITY ASSOCIATION

Festive  
**ARTISAN**  
Market

December 2

10:00 AM - 3:00 PM

Great Local Vendors, Face Painting,  
Photos with Santa, Snacks and More!

Montgomery Community Association 5003 16th Ave NW

## VOLUNTEER APPRECIATION TIKI PARTY

**Friday, November 24th**

**7:00 PM - 11:00 PM**

**MCA Main Hall 5003 16th Ave NW**

MCA would like to spend this Pub Night thanking all of our amazing volunteers! Find your best Hawaiian shirt and join us for a fun evening with drinks, snacks and live music from Gord Barge!

All ages event for MCA Members and guests- get your membership online at [www.mcapeople.com](http://www.mcapeople.com)





## Montgomery Real Estate Update

Last 12 Months Montgomery  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2023	\$ 605,000	\$ 605,000
August 2023	\$ 634,950	\$ 640,000
July 2023	\$ 512,450	\$ 522,000
June 2023	\$ 650,000	\$ 666,750
May 2023	\$ 589,900	\$ 634,250
April 2023	\$ 719,000	\$ 700,425
March 2023	\$ 834,450	\$ 815,000
February 2023	\$ 564,950	\$ 546,000
January 2023	\$ 764,900	\$ 757,000
December 2022	\$ 694,950	\$ 676,000
November 2022	\$ 474,950	\$ 448,750
October 2022	\$ 529,900	\$ 518,000

Last 12 Months Montgomery  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2023	16	5
August 2023	10	10
July 2023	11	10
June 2023	6	10
May 2023	12	15
April 2023	12	17
March 2023	17	8
February 2023	7	8
January 2023	8	10
December 2022	1	8
November 2022	9	10
October 2022	13	5

To view more detailed information that comprise the above  
MLS averages please visit [mong.mycalgary.com](http://mong.mycalgary.com)

## Seniors Social



# Cooperation as a Means of Creating Productivity

by Karl Plesz

I once watched two fascinating TED talks by Yves Morieux, the director for The Boston Consulting Group's Institute for Organization. In the first video, he pointed out how growth in productivity has, in general, fallen significantly from the 1950s and 1960s until now. This is significant because of the effect that a drop in this growth has on prosperity, and how much longer it takes to improve the standard of living between generations. The whole presentation is worth a watch, but I'll highlight what really connected with me.

Yves did a great job using an actual relay race to demonstrate how an organization can be mired in the concepts of clarity, measurement and accountability while completely missing why their productivity isn't improving. In a word - cooperation. I can relate. I've witnessed organizations focus too much on metrics, etc. when what they should be doing is asking the stakeholders in the process two questions.

- What is causing you to waste the most resources?
- What is causing you the most frustration?

Chances are, it's something to do with communication (in both directions) and the lack of understanding and cooperation of how one's actions (or inaction) affects those both upstream and downstream in the process. Unfortunately, it's difficult to measure cooperation. It's also difficult to measure communications effectiveness. Yet these two factors probably have more of an effect on success than anything else. Here's the best quote from the video: "We pay more attention on knowing who to blame in case we fail, than in creating the conditions to succeed."

In yet another talk by Yves Morieux, he explains why the traditional hard and soft pillars of management fail. Structures, processes, systems, metrics, KPIs, and scorecards. Feelings, interpersonal relationships, and traits. He insists that the original pillars are obsolete and must be replaced by new rules for smart simplicity.

Understand what your people really do.

- Managers need the power and motivation to make others cooperate.

- Managers need to be closer to the action, to reality.
- Managers need less rules, more empowerment.
- Empower everyone to use their judgment, their intelligence.
- Create feedback loops that expose people to the consequences of their actions.
- Increase reciprocity (being reciprocal). Employees need to lose dysfunctional self-sufficiency.
- Reward cooperators. Blame non-cooperators.

Best quote from the video: "Blame is not for failure. It is for failing to help, or [failing to] ask for help."



## 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

engagement@mcapeople.com



# MONTGOMERY, VOLUNTEERS NEEDED!



## CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

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### 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 [naps@ucalgary.ca](mailto:naps@ucalgary.ca)**

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

### SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



# MCA Members! Shop Local and Receive a 10% Merchant Rebate.

New businesses added to our program this month:

## **Elevated Journeys Inc.**

5012 16 Ave. NW

## **Aesthetica Maria**

4539 Bowness Rd. NW

## **Alberta Vacuum Experts Inc.**

4624 Bowness Road NW

## **Montgomery Wellness Centre**

5012 16 Ave. NW

## **Curvy Britches**

Unit B 4629 Bowness Rd. NW

## **Fades Barbershop**

6511 Bowness Rd. NW

## **Outlash Beauty Boutique**

4533 Bowness Rd. NW

For a complete listing of all participating establishments check our website [www.mcapeople.com](http://www.mcapeople.com).

Contact us at [www.mcapeople.com/membership](http://www.mcapeople.com/membership) to become an MCA member (free this year) to benefit from this exciting new program.



**MCA**  
MONTGOMERY  
COMMUNITY ASSOCIATION

**MCA MEMBERS RECEIVE A  
10% DISCOUNT**

*(MUST HAVE PROOF OF VALID MEMBERSHIP)*

Support The Montgomery Community Association and register for your free 2023 Membership.

Scan the QR code or visit [www.mcapeople.com](http://www.mcapeople.com)

Email inquiries: [engagement@mcapeople.com](mailto:engagement@mcapeople.com)  
Phone inquiries : Elizabeth 403.247.1428

## **MCA BUSINESS 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!

### **PARTICIPATING BUSINESSES:**

<i>CANINE CUTS</i>	<i>THE UPS STORE#466</i>
<i>GOOD SAMARITAN THRIFT STORE</i>	<i>NOTABLE THE RESTAURANT</i>
<i>ELEVATED JOURNEYS INC.</i>	<i>WINE KITZ</i>
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<i>OUTLASH BEAUTY BOUTIQUE</i>	<i>FRINGE COFFEE INC</i>



**Google Images**

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

**MCA CASINO FUNDRAISER**

# **WE ARE LOOKING FOR VOLUNTEERS!**



**This year's Casino Fundraiser will be  
December 30 and 31, 2023**

[email\\_engagement@mcapeople.com](mailto:email_engagement@mcapeople.com) for more info



## **WAR CATS**

Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!





# Let's Talk About Music

by Spike Richards (events@mcapeople.com)

In 2023, we tried other eves and afternoons, and found that Friday nights work best for you all to drop by your MCA Hall for a casual social gathering. Fourth Fridays, to be exact, so keep them clear! Under 18s are welcome with a guardian. We ask adult attendees for \$5 at the door of each of our MCA hosted events to help us with programming (remember MCA Memberships are free this year).

Thank you for your attendance, and a huge personal thanks to all the volunteers who have stepped up for our events this year! Reach out if you are interested in being a part of this growing, fun-loving team.

As you read this, we are still preparing for the CreepyOke! party at the hall. We hope you; your family and your neighbours attended Friday October 27, costumed up, sang loud, laughed louder, and had a lot of fun!

November's Fourth Friday All Ages Pub Night has a theme, too: Tiki Party! McCool & the Fools are in to get us dancing and singing along to island songs. Wear your tackiest/nicest "aloha print" shirt or sun dress, flower lei's, sun hats, shades, shorts, and sandals, and let's see if we can warm up our little corner of the tundra on Friday November 24, 7:00 to 11:00 pm. All ages are welcome with a guardian, so bring the junior Tiki Tikes with you! We will be doing a tip of the sunhat to some of our volunteers from the past few years. If you have helped at the Hall, Garden, Bike Park, Casino Night, Soccer, Rinks, Historical, Membership, or anything MCA-ish, we hope you drop by so your current Board can say thank you!

We are skipping Pub Night December 22 (back January 26) the first Fourth Friday of the New Year. We have a very special guest songwriter. I have been a personal fan of Heather Blush for years and am quite excited to hear her unique and ever so pleasing voice in our upgraded MCA Hall. Search for her and the Uppercuts on YouTube. If you have not seen her play live yet, do know this will be a very family friendly kind of show. Heather is a very cool momma bear!

Do you teach music? Instrument, voice, theory? Please send me a note and we can chat. MCA is compiling a list

of local maestros and mentors to share with our future Juno winners. Thank you.

Please do get in touch with Ali at engagement@mcapeople.com if you are interested in volunteering at our upcoming casino night. This is the two days a year where the MCA receives a heck of a lot of our annual operating and programming budget, and we do need your help. Thank you so much!

Remember, if you have a choice for a night out this festive season, support local live musicians, and the venues that promote them! Thank you!



**mybabysitterlist**

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

## BRAIN GAMES SUDOKU

8			5		1			9
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9							1	8
6				8		3		
		3	1		6			
7			3		5			2

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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](http://www.communitymediation.ca), 403-269-2707.

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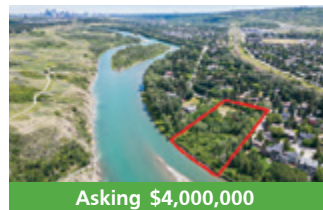


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5134 & 5136 Bowness Road NW



Asking \$4,000,000

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## KEN RICHTER

**RE/MAX Real Estate (Central)** 

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\*based on number of closed transactions



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