

OCTOBER 2023

DELIVERED MONTHLY TO 3,225 HOUSEHOLDS

MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

**COMMUNITY GARDEN
FALL PHOTOS
SEE PAGE 11 FOR DETAILS!**



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AT MCA

- 9:30 AM - 12:30 PM •
- MONDAY •
- WEDNESDAY •
- FRIDAY •

\$7.00 DROP-IN
OR
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PURCHASE MEMBERSHIP AND MORE INFORMATION
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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

Email inquiries: manager@mcapeople.com

OR engagement@mcapeople.com

Phone inquiries : 403.247.3116



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!

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

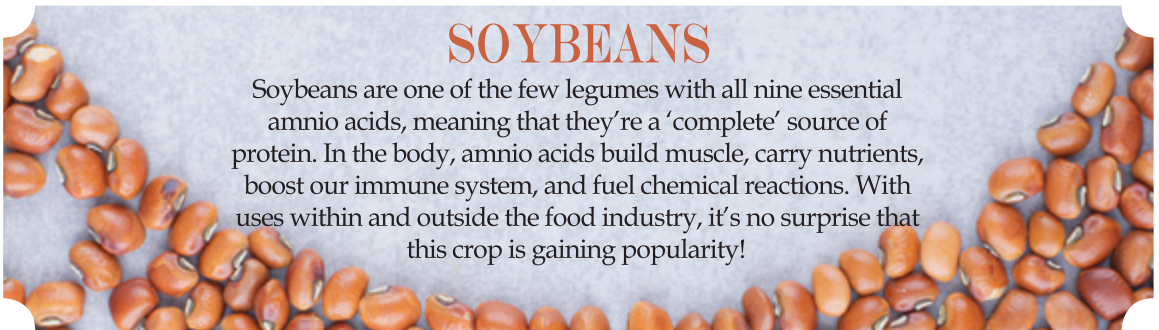


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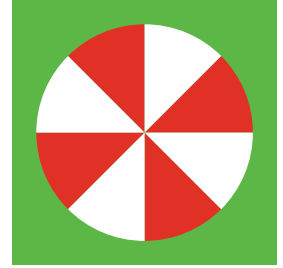
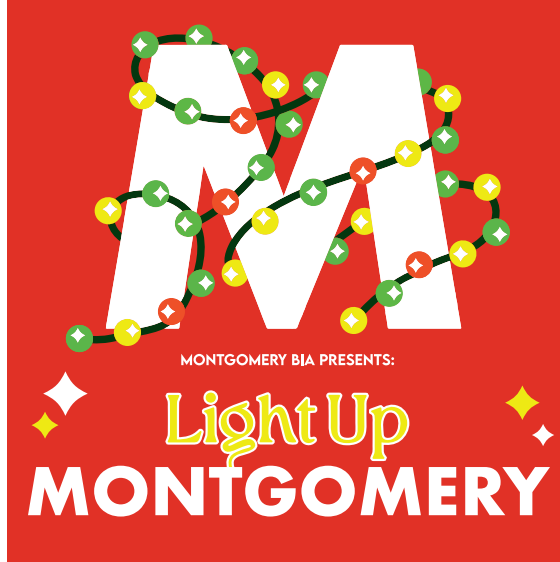
Soybeans are one of the few legumes with all nine essential amino acids, meaning that they're a 'complete' source of protein. In the body, amino acids build muscle, carry nutrients, boost our immune system, and fuel chemical reactions. With uses within and outside the food industry, it's no surprise that this crop is gaining popularity!



HALLOWEEN IN TRANSYLVANIA

Sighișoara, a medieval Transylvanian town, is a UNESCO World Heritage Site and the birthplace of Vlad Dracul (Vlad the Impaler). Dracul served as inspiration for Bram Stoker's blood-thirsty protagonist in *Dracula*. For historic and literary reasons, this town is a popular Halloween destination, hosting parties and tours of Dracula's castle!





**Saturday,
November 25**

5:00 — 8:00 PM
Montgomery Town Square

ACTIVITIES FOR THE WHOLE FAMILY!

- ◆ BUTTERFIELD ACRES PETTING ZOO
- ◆ HOLIDAY PHOTO OPPORTUNITY
- ◆ TREATS FOR FURRY FAMILY MEMBERS
- ◆ FIRE PITS & S'MORES



2023 LUM MADE POSSIBLE WITH SUPPORT OF:

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

Moved to October 15, 2023

MCA
MONTGOMERY
COMMUNITY
ARTS

Jellybean Dance

~~Friday, September 22~~
6:00 PM - 8:00 PM

At MCA: 5003 16th AVE NW

A family fun dance for kids 12 years and younger

Purchase tickets online before we sell out!

Scan the QR codes or visit our website at www.mcapeople.com to register
Please consider bringing cash and indoor shoes for this event

Learn More Buy Tickets

Unofficial National Food



Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!

Feedback and Assessment

by Karl Plesz

No matter what people say everyone appreciates feedback from their colleagues and their leaders. Feedback is vital in both the workplace and everyday life, but we can pay lip service at best, or ignore it completely at worst.

Without feedback, people are left to their own perceptions as to how they are doing. These perceptions are fueled by ego. If you're confident, you may think almost everything you do is great. Alternatively, if you have low self-esteem, you might imagine that very little that you do is good enough or matters much in the grand scheme of things. People need guidance, even if it's to confirm for them that everything is great, but also to fine-tune. Is anybody so perfect that they need no guidance whatsoever?

There are two common ways to implement feedback: immediate and the formal assessment.

Immediate Feedback

Immediate feedback is something not only every leader should practice often, but every worker too (to colleagues). Nothing instills pride and sends a message that contributions matter, more than unsolicited, positive feedback. It's the key motivational tool available in the workplace. Immediate positive feedback can be delivered one-to-one, but it has much more impact if it's delivered in front of the team. Add some kind of award as a visual reminder of the kudo, and the aftereffects will last longer.

Immediate feedback is just as important when something needs correcting. If this doesn't happen, and a situation repeats itself and more serious steps are needed, the worker could declare "Nobody ever mentioned this to me before." Just be careful, even a serious mess needs to be handled with wisdom, fairness, lack of judgment, respect, and a sincere offer of help. Unlike positive feedback, correction must be done in private. Nobody wants to be embarrassed in front of their peers.

Formal Assessment

The formal assessment is more of a record of progression. In my opinion, a formal assessment issued annually is almost as useless as none at all. Do you remember what noteworthy things you or your team did ten months ago?

Assessment writers complain that there's no time to deliver assessments for everyone multiple times per year. Assessments then become a yearly occurrence or disappear altogether. There's a better way. Simplify the assessment and let the person(s) being assessed do some of the work. Suggest that workers keep a list of accomplishments to assist with this, which they will share with you. Weekly or bi-monthly check-ins with each person can accumulate notes that can effortlessly become the next assessment's content.

The problem with many assessments is that they are too complicated. If I can't read my entire assessment in less than two or three minutes, it's too much. The only things that matter are goals, accomplishments, areas of improvement, and requests for resources to work better. Make sure to look at the last assessment(s) briefly to determine if past issues have been addressed.

In summary, create a culture of immediate feedback. Then formalize that feedback more than annually using a short, simple format. Weigh the worker's needs as much as their progression.



A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



Changes to Green Cart Collection This Fall: What You Need to Know

from the City of Calgary

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



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Community Garden Update

Fall brings the garden harvest and the rewards of combining potatoes, onions, and squash into a delicious soup or making fresh salad with our second planting of lettuce and radishes, along with ripe tomatoes. We all delight in the rewards of our work over the season. Thank you to all the volunteers who keep the garden looking tidy, help with the fall cleanup, and take on important tasks like tending to the compost.



MONTGOMERY COMMUNITY ASSOCIATION'S:

FESTIVE ARTISAN MARKET

DECEMBER 1 & 2, 2023
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FOR MORE INFORMATION

Let's Talk About Live Music!

by Spike Richards, VP MCA

What a fun day on September 16! El Greco!

We were treated to the live acoustic music of fellow Mexican Independence Day seasoned veteran, Tim Williams. It was good to hear his award-winning compositions and Espanol covers in a stripped-down solo presentation in our room. We are really getting the sound sorted out, there was such great work done on the upgrades, thank you to Dave H!

After Tim's long set, we had Montgomery-ites, Steff'n'Jeff on our stage. All those who attended told me to bring these fresh, smiling, happy, and incredibly talented people back to our stage. We have a couple of opportunities to do just that in 2024.

We had a world-renowned Red Seal Chef serving tacos on Mexican Independence Day. His momma should be proud of what her hijo joven has become. Gracias, Alli Said of Mikey's for making our tummies happy and full.

Our next Monty's All Ages Pub Night is Friday October 27. Please do plan on joining us for a fun night of Halloween costumed Karaoke... we are calling it CreepyOkel! Yes, wine, beer, and your smurfs are welcome. We will have the leaders from the City in to do crafts and stuff with the shorter pumpkins in the room. Drop by and bring your neighbour too! 7:00 to 11:00 pm.

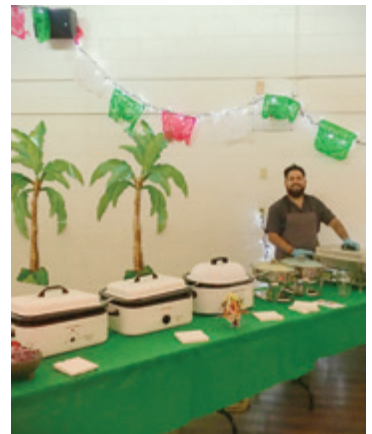
On November 24, from 7:00 to 11:00 pm, we will have McCool & The Fools up on our stage, and a 30' screen behind them, for a night of live band heckling, er, singalongs, stories, and laughter. We are presenting a casual Volunteer Appreciation night, with a "Tiki Party" theme. We expect to see you out in your tackiest aloha shirt and straw hat this night, eh!

If you have not made plans for New Years Eve, and you would like to help out your community at the biggest annual fundraiser we have, our casino nights are December 30 and 31 this year. We could use your help, please do connect!

Have a great month, and remember, it is fun to support local and live music and the rooms in YYC who support live music!

Thank you.

I am always reachable at events@mcapeople.com.



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

✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

9 PM
ROUTINE



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For more information, call 403-536-6558 or email

FinancialWellness@CaryaCalgary.ca.



The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.



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CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

MOBILE HAIR CREATIONS: Licensed hair stylist providing professional hair care for seniors in the comfort of your home. Services include haircuts, perms, colours, and sets. Please call or text Annette at 587-580-9027 to book an appointment, or visit <http://mobilehaircreations.com>.

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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