

DECEMBER 2024

DELIVERED MONTHLY TO 3,325 HOUSEHOLDS

# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



## BOWGLEN MEDICAL CENTRE

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Dr. A. A. DAYO MD, MBChB, CCFP, FRACGP, FWACS

Dr. A. O. OLAWUNI MD, MPA (HS), MBA, MRCPi, MRCPs (Glasg), MICGP, DMOP, FRSPH, Dip (PEDS), CCFP

Dr. C. O. NDUBUBA MD, DRCOG (UK), MRCPG (UK), LMCC, CCFP

DR. THULANI GUMEDE BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

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BRAIN  
GAMES

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SCAN THE QR CODE  
FOR THE SOLUTION



CARYA



## Baby Playtime

A place for parents with little ones 0-18 months to come together and connect. Soft blocks, baby walkers, toys and refreshments provided.



EVERY TUESDAY 10:30 - 11:30 AM  
SEPTEMBER 24-DECEMBER 10

MCA - MONTGOMERY COMMUNITY ASSOCIATION  
5003 16 AVE NW

NO REGISTRATION REQUIRED! FOR MORE INFORMATION  
CONTACT: [FIC@CARYACALGARY.CA](mailto:fic@caryacalgary.ca)

Carya Elder Friendly Communities presents

## Let's Move

Warm up your joints, maintain your strength, work on your balance and increase your physical energy.

A gentle movement class where you do not have to break a sweat, but you might crack a smile.

Starting September 12, weekly on  
Thursdays from 9:30 am to 10:30 am  
Montgomery Community Association

For more information on this and other free programs,  
connect with Kate

403-681-6193 [kateh@caryacalgary.ca](mailto:kateh@caryacalgary.ca)

CARYA



## Magic Carpet Ride

### Family Literacy Program

**A family that reads together, grows together.**

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



**Reading**



**At-Home Activities**



**Singing**

**FREE!** Contact us to learn more:

famlit@canlearnsociety.ca

(403) 686-9300 ext. 128



[www.canlearnsociety.ca/magic-carpet-ride](http://www.canlearnsociety.ca/magic-carpet-ride)

## Executive

President – Planning	Harminder Dhillon
Vice-President	Vacant
Treasurer	George McMullen
Secretary	Crystal Read

## Staff

General Manager	Michael “Spike” Richards
Building and Maintenance/ Newsletter	David Hoskyn
Bookkeeper	Yvette Foster-Norgren

## Directors

Directors	Jay Bedford Gaetono (Gaets) Contrino Shane Coor Denise Brown
Director – Outside Maintenance	D’Arcy Williamson
Director – Seniors Programs	Ken Adams
Director – MCA History	Drew Bird history@mcapeople.com
Director – Business Liaison	Elizabeth Laisley

## Community Contacts

Community Liaison Officer	Cst. Shuo Qiu pol537@calgarypolice.ca
Neighbourhood Partnership Coordinator/City of Calgary	Brenda Annala

## Elected Representatives

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

## School Board Trustees

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

## Stay Connected With Montgomery

✉ **General Email Inquiries:** Spike Richards,  
manager@mcapeople.com

### Newsletter Submissions

David Hoskyn: building@mcapeople.com

📍 5003 16 Avenue NW T3B 0N2

📞 403-247-3116

🌐 www.mcapeople.com

📷 MCA\_People

📱 MontgomeryCA

## 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.

Visit website 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 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 building@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!

# MCA Social Seniors Club Potluck



## **SOCIAL SENIORS CLUB POTLUCK**

**Saturday, December 28**

**11:00 AM to 3:00 PM**

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

Join your neighbours for a light potluck lunch and an afternoon of games, music, socializing and fun.

## **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:**

Abbey's Creations  
Aesthetica Maria  
Alberta Vacuum Experts  
Allan's Flowers  
Artview Expositions Gallery at Fringe Coffee  
Bowness Arts  
Cactus Nails Salon  
Canine Cuts  
Century Derma Lounge  
Curvy Britches

Elevated Journeys Inc.  
Fringe Coffee  
Gas Tech Heating & Fireplace  
Golden West Restaurant  
Good Samaritan Thrift Store  
Liberty Tax  
Montgomery Auto Service  
Montgomery Village Vet  
Montgomery Wellness Centre  
NoTable – The Restaurant



## **MCA MEMBERS RECEIVE A 10% DISCOUNT**

*(MUST HAVE PROOF OF VALID MEMBERSHIP)*

**SENIORS \$5, SINGLE \$10, FAMILY \$20, ASSOCIATE \$20**

Support The Montgomery Community Association and register for your 2024 Membership.

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

Phone Inquiries: 403.689.1428

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





**HAPPY BIRTHDAY!**

## MCA Facilities

Our kitchen is available to rent! From gourmet hot sauces to croissants, there are a number of AHS certified companies using our facility for their ghost kitchen, maybe you need to use our shiny stainless room, too! Please say hello at [manager@mcapeople.com](mailto:manager@mcapeople.com).

Did you know the MCA Centre has an AV equipped Boardroom for your organization to meet? Comfortable, casual, in your neighbourhood.



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118 BOWNESS CENTER  
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**Book Your Christmas Gift Cards Now!**



**OUR TEAM**

MENTION THIS AD TO  
GET A 10% DISCOUNT!  
(EXCLUDING MASSAGE)

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**





**UNIVERSITY OF CALGARY**

## Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- We invite you to participate in a short interview so we can learn how you have been doing.

**For more information, please contact:**  
403-210-8740 or [napls@ucalgary.ca](mailto:napls@ucalgary.ca)

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)

# Community Garden

Good day!

Writing on the garden as winter is upon us. Apologies for the past issue which we missed an update on. We had a challenging yet very successful garden term this year. We finished it off in October and planted some garlic this fall to give us all a little spice for next year. In August, we hosted a harvest event with some fun and games for the children and adults who wanted to play. We did some cleanup and harvested vegetables and started our prep for the fall with composting materials building up in our bins. With the wrapping up of the season, we have been harvesting even well into October with much food that we're thankful for over the Thanksgiving holiday.

We will be starting our new season come March once again so if you weren't able to join us this year, do look out for us in late winter.

Some interesting news during our season – and we would appreciate your help! We've had a thief in our garden. Apparently, this is not something new and it occurs with all gardens from time to time. If you know how to deal with pocket gophers, your feedback would be greatly welcome. Though the culprit didn't get away with too much, partially eaten potatoes and other veggies spoils any harvest for the other gophers and humans alike. But the gophers are not participants in the garden – even their tilling is a substandard performance! Still, if we can hold them accountable, or at least find a way to deter them from any spoils, we would appreciate ideas. Thank you! You can email us at [gardenmca@gmail.com](mailto:gardenmca@gmail.com).

One bonus we had over the summer was a great effort by the city to plant a nice variety of trees outside the garden area, improving the park and bringing in some other life to an already wonderful area. We had some fun with our new friendly trees and even had an event naming the trees, especially causing a lot of laughs with the children. See if you can find the names of the trees if you're touring around the park!

We would like to extend a big thank you to one of our local landscaping companies, Affinity Artisan Outdoors, for donating a new raised bed to the garden! It's a wonderful addition and greatly appreciated by us all.

Please see our pictures of the garden, some people, and a wonderful selection of produce we produced through our community efforts. Photo credits go to Tammy McDonald and Aleta Ambrose. Stay tuned for an update in the not-so-distant future. Have a great winter!



**The Simpsons**

The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!

A cartoon illustration of Homer Simpson holding a donut. He is wearing his signature yellow shirt and white tie.

## MCA Happenings

### **MCA Festive Market December 7**

We are so honoured to have such a creative assortment of makers in our midst! Join them, and us, and a full row of representatives from our in-house anchor tenants, karate and martial arts, rhythmic gymnastics, inline skating, survival skills. We will also have people from some of our neighbourhood partners to share their programming offerings. Saturday, December 7 at the MCA centre, 10:00 am to 5:00 pm.

### **Montgomery's 60th Birthday Party December 14**

Join us as we celebrate our community's anniversary! A little live music, a little dancing, a little skating, a few memories and stories shared, a lot of fun! Let there be cake! Check our website, Facebook and Instagram pages and postings for details, but do plan on joining us, 2:00 to 8:00 pm on Saturday, December 14 at the MCA centre.

### **Santa Jam! December 27**

Friday, December 27, 7:00 to 11:00 pm, join us at the MCA centre for our first annual (of many maybe?) live music jams that Santa, the Missus, and the barn dwelling Venison kids would be proud to sit in on. All ages, elders and littles, bring 'em! Bring a dollar store Santa hat for our group hug photo op(s), wear red and white if you are heading to our stage to play, and yes, your beat up old tacky seasonal sweater and/or your brand-new festive pyjamas are our designated "dress code" for the eve. There is nothing like the "warm and fuzzy" caused by dancing in flannel and fleece with friends and family!

### **Next Day Acoustic Senior Santa Jam! December 28**

We are going to leave the stage and sound gear up overnight for the last MCA Social Seniors Club potluck brunch of the year. Imagine a campfire, and your new nephew in law surprises everyone with his six-string plucking, your way cool niece shows off her singing voice, and gramps shares his new djembe percussion skills! It is a potluck format, bring us something yummy to break bread with, and we will do the same. Yes, you are permitted to wear that awful festive sweater one more time before it is thankfully stored. Sixty plus? Celebrate

the milestone with us! Drop by Saturday, December 28, 11:00 am to 3:00 pm for some deelyish brunch, fun games, singalongs, and Santa-sized seasonal hugs!

### **Big Band Ballroom Night at the MCA Centre February 15**

We had to postpone a pair of big band nights this winter, but we are bringing you a sweetheart of an evening in a couple months. Join us for some ballroom mentoring, and a live big band to dance to through the evening! February 15 at the MCA centre.

## I Forgot Your Name...

Because I know too many folks. Because we have not shared many memory moments yet. Because I am forgetful, I am human... I am male (lol). We have all been there, trying hard to remember someone's moniker, and calling them the wrong name. And then we want to disappear.

Give yourself the room to make an oops. It's okay. Seriously, it's okay.

Own it. Being honest makes the situation as tiny as it actually is, and your truthfulness will normalize it for both of you.

Giggle. Seriously, laugh out loud. When we can honestly, openly laugh at each of our small mistakes, it does make us more likable, approachable and, let's be honest... relatable... to each other.

*Spike*

## Eye Matey!



It is common for media to portray pirates wearing eye patches, but it is likely not for the reasons you think! Eye patches were used to keep one eye adjusted to low light conditions so when the pirate went below deck, they could immediately see by swapping the eye patch to the other eye. What a bright eye-dea!

# Swish ORAL CARE



It's officially official.

Swish University  
District location opens  
December 3! Now  
accepting new patients.

scan me  
scan me  
scan me



[swishoralcare.ca](http://swishoralcare.ca)

[@swishoralcare](https://www.instagram.com/swishoralcare)

# At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this winter in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us at our brand-new University District location, opening December 3!

Good Vibes +  
Shame-Free  
Treatment

Fast and  
Convenient  
Direct Billing

Experience  
the Extras at  
No Extra Cost

## Swishers say...

- “ I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish.” - *PW*
- “ Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health.” - *LC*
- “ My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?” - *YT*
- “ The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit.”

# The wait is (almost) over.

Swish University District will officially open on Tuesday, December 3!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

A suite of amenities like warm blankets and noise-cancelling headphones; patient gifts from Village Ice Cream and Monogram Coffee; and a space so stunning, you might just forget you're at the dentist. All delivered with judgment-free, patient-driven care.

Say goodbye to dental anxiety and say hello to Swish.

Visit [swishoralcare.ca](http://swishoralcare.ca) to reserve your spot.

We can't wait to see you in U/D.

Take care,

*Team Swish*

## The 411 on Swish U/D

### Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

### What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

### Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

### Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

### Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

### I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email [UD@swishoralcare.ca](mailto:UD@swishoralcare.ca).

# Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



## The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



## Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



## Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

\*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



## Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



## Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.



## Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.

Brush up on all things

# Swish

Opening December 3! Now accepting new patients. Scan to book your Swish Experience.

**Swish Oral Care**  
3928 University Ave NW  
Calgary, AB T3B 6N7  
825-540-7183

Find us online:



[swishoralcare.ca](https://www.swishoralcare.ca)

[ud@swishoralcare.ca](mailto:ud@swishoralcare.ca)



@swishoralcare

## Moms! Dads! Babysitters!

Our little playground is hidden from 16 Avenue, so we want to point it out to you. It's just across the street from Timmies. Lots of climbing stuff. Slides and fun! That's not asphalt, that's rubber. Easy on the feet and safer for the kids!



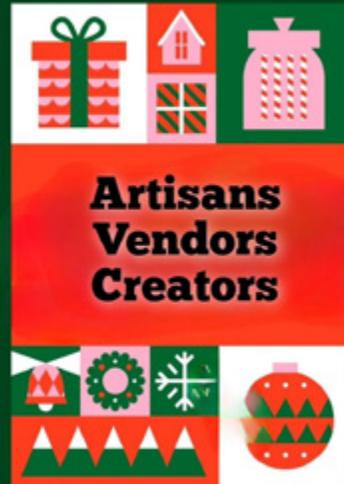
## Christmas Market - Artisans! Vendors! Creators!

Book your table now for our Festive Market 2024 that will be held December 7 at the Montgomery Community Centre and the Bow View Manor. A full day shopping experience that will attract lots of customers for you!

To book your table: call the MCA at 403-247-3116 or email [manager@mcapeople.com](mailto:manager@mcapeople.com).



CHRISTMAS MARKET  
SATURDAY, DECEMBER 7, 2024  
10:00 AM TO 5:00 PM



## Jellybean Dances

We are looking to host a pair of Jellybean Dances the spring of 2025. Please reach out to our General Manager if you are interested in helping us create a pair of exciting and fun nights for our young Montgomerians!

**MCA**  
MONTGOMERY  
COMMUNITY ASSOCIATION

# PICKLEBALL

AT MCA

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

**\$7.00 DROP-IN**  
OR  
**MONTHLY PUNCHCARD**  
**\$60\***

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MORE INFORMATION**  
[WWW.MCAPEOPLE.COM](http://WWW.MCAPEOPLE.COM)

MUST BE AN MCA MEMBER TO PLAY      \*UP TO 12 SESSIONS A MONTH  
403-247-3116      [manager@mcapeople.com](mailto:manager@mcapeople.com)

## Osprey Update...

I was puttering in the MCA Centre's south field early October, and I watched Montgomery's mating pair do a series of very lazy and slow flying figure eights as they headed southeast.

They usually flew fast, and with purpose, so it made me stop, and pay extra attention to their ballet.

A couple of hours later, this year's single youngster returned to the now empty nest, and the screeching and howling began... for a couple days. Which certainly made me "pay extra attention", too.

And then... quiet.

I wish all three of them well on their journeys south.

I am saddened, and I selfishly wish this particular mating pair of raptors had a home beside us again in the summer of 2025, I will be honest. But maybe it was time they moved away from the 16 Avenue traffic to a quieter pole top condo.

*Spike*

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## BOWGLEN MEDICAL CENTRE

Unit 121 - 4411 16th Ave NW, Calgary AB T3B 0M3

*"Always Caring and Always Available"*  
A UNIQUE FAMILY AND WALK-IN CLINIC  
We also do virtual consults

**WE WELCOME OUR NEW FAMILY PHYSICIANS ACCEPTING NEW PATIENTS!**

**Dr. A. A. DAYO** MD, MBChB, CCFP, FRACGP, FWACS

**Dr. A. O. OLAWUNI** MD, MPA (HS), MBA, MRCPI, MRCPs (Glasg), MICGP, DMOP, FRSPH, Dip (PEDS), CCFP

**Dr. C. O. NDUBUBA** MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

**DR. THULANI GUMEDE** BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

Call: 587-392-9670 Visit: [bowglenmedicalcentre.com](http://bowglenmedicalcentre.com)

### Brainstorming Doesn't Work?

I read an article suggesting brainstorming doesn't work.

Excerpt: "The brainstorming method [came along] over half a century ago. Psychologists wondered: Does brainstorming actually work? Studies found that people who use this technique produce fewer good ideas than those who ideate alone. Brainstorming has many downsides. Only a single person can talk at a time, which means that one or two people can dominate the conversation. It also means that while someone is sharing his idea, others might forget their own ideas, or the group may become fixated on the ideas people already shared. Brainstorming is a complex process where people are trying to listen, think, add, collaborate, build. It's cumbersome, it's difficult psychologically, and people don't do it very well. Brainstorming does the exact opposite of what it's supposed to do."

That one line should be modified to state, "It's cumbersome, it's difficult psychologically, and untrained people don't do it very well." Find any improviser and ask them if brainstorming achieves its goal of coming up with good ideas. The answer is yes, without hesitation. Why would improvisers see value in brainstorming and not others? One word - training. The reason brainstorming is doomed to failure in a typical workplace is because in an untrained, undisciplined group, egos rule. In a group not prepared for brainstorming, it's natural that one or two people can dominate the conversation. But a group that has been conditioned to foster ideas from everyone at the table wouldn't typically let that happen. The ego is suppressed. Improvisers learn to make their partners look good. In a brainstorming session, that would include helping others along and making sure that everyone has a voice.

"While someone is sharing his idea, others might forget their own ideas, or the group may become fixated on the ideas people already shared". This is a side-effect of ego. Brainstorming isn't just to fight for your idea, you come to establish a foundation and add to it collaboratively. The reason researchers didn't find positive results is that people were too fixated on success, and whether their own ideas were accepted.

You're probably wondering if I think improvisation exercises and games are good preparatory tools for brainstorming. My answer is wholeheartedly - yes. Not only are improv games good preparatory tools, but they are great tools for continuing development. Convincing the group that failure is inevitable, so be ready to share any and all ideas that build on the existing idea, no matter how unlikely they might germinate, is key. Motivating the group to make each other look good fosters trust, confidence, and the freedom to make mistakes. In such an environment, many of the issues alluded to by the other article are mitigated, if not eliminated altogether. That allows brainstorming to be the idea factory its inventors imagined it could be.

I was asked to conduct improv sessions at a local university for students in a business program that were experiencing a creative block. I chose games and exercises that would promote creativity. I also presented a game called 'new show'. This was a brainstorming session where team members were encouraged, one at a time, to offer a slice of an idea for the next big movie or TV show. Let's collaboratively build the next *Breaking Bad* or *Kill Bill*. The key to the game was the explicit instruction that blocking, the act of deflecting, delaying or denying any of the ideas offered was forbidden. It produced some pretty far out and amazing ideas because they were given permission to build, to add without consequence, without fear, without judgment.

Once the improv session was over, I was invited to join the students for the next phase of their current project. The class had been divided into teams and each team was working on a separate project. They concluded that my improv game 'new show' was the perfect contender to be adapted into a brainstorming activity to get past their blocks. The groups took turns explaining what they had come up with so far, then at the block, asked members of other teams to offer ideas on what should come next. It was a beautiful and rewarding example of how brainstorming can work.

*Karl Plesz*



## MCA Opportunities

Become a member and join our Montgomery Community Centre. There are many perks by becoming a Montgomery Community Association member. Membership will give you access to participate in various MCA Hosted Events.

- Fourth Friday Nights' monthly Pub Nights, started up again in September. Live music with original songwriters, karaoke entertainment, and community fun with special events for the whole family: Halloween parties, crafts, and kids' games.
- Join our community garden every spring and work and learn together how to grow and tend your own vegetable/produce.
- Participate in the MCA Social Senior Club monthly Potluck Luncheon and listen to live music and make new friends.
- Get involved! Become a volunteer and make new friends in the community. Volunteer opportunities are varied from working at our Casino fundraisers to helping with special events like our upcoming Montgomery Community Birthday Party Celebration in December. Volunteering is great work experience!
- Join our many sports activities, kids' soccer program, adult pickleball sessions, karate, rhythmic gymnastics, in-line skate classes, and playgroup.

Contact us and find out more about the opportunities offered by joining our organization. Please email [manager@mcapeople.com](mailto:manager@mcapeople.com) or visit our website at [www.mcapeople.com](http://www.mcapeople.com).

## Volunteer with MCA!

We have many opportunities for you to be a part of our growing team of MCA volunteers! Join our board! Help out with our monthly Social Seniors Brunches! Offer your experience and contribute to our upcoming workshops and programming! 2025 Jelly Bean Dances! Outdoor skating rink! Community Garden! 2025 Riverside Cleanup! Festive Market and Monty's 60th Birthday Party! Connect with Spike at [manager@mcapeople.com](mailto:manager@mcapeople.com), and let's see where the best MCA fit is for you.

Thank you for reaching out to us and helping.



## 2025 Room Rentals at The MCA Centre

We are filling our booking calendar very fast for 2025 weekend dates. If you are thinking of renting space with us, please reach out to Spike at [manager@mcapeople.com](mailto:manager@mcapeople.com) right away! Our Main Hall holds 240, we have a Boardroom with full A/V for 25 people, a commercial level AHS approved kitchen, and a rather large south facing back yard. We would love to work with you on your special event day!

## 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.

## AGM, Meet Our Board, Join Our Board

Friday, February 28, 2025, is the date for the Annual General Meeting of the Montgomery Community Association. We really do hope we run out of chairs for this event. Our hard-working Volunteer Board can let you know what has been accomplished in 2024, and what our they feel association's goals are, and vision is, for the next few years. This night is one of the best ways to be a part of our community, so if you can, please do join us. Thank you.



## City Kids: Exploring 4-H Beyond the Farm

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

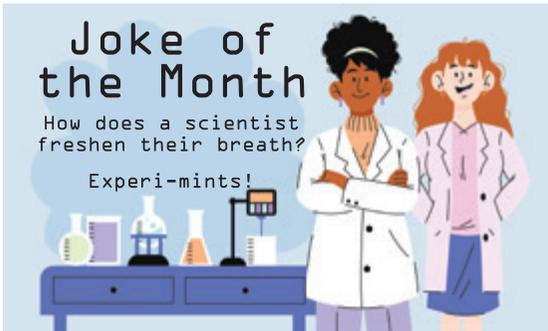
Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.



One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email [introclubs@4hab.com](mailto:introclubs@4hab.com). Thank you to all the families who've joined us on this journey—stay tuned for updates, and we hope to see you at our next workshop!



### Joke of the Month

How does a scientist freshen their breath?

Experi-mints!



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## Sixty Years Young!

Montgomery has been Montgomery for six decades. And we are having a party to celebrate. And you are invited! Bring your friends, family, and neighbours!

We expect laughter from you. The fine art of hugging is returning to our society, so you are permitted to practice those too. And some birthday cake eating skills will be required. And skating, because we are pouring an outdoor rink again this winter. We will be running a slideshow of our collection of photos from the MCA Family Album, so we may need you to shout out what the heck those long-lost cousins' names are. Music is assumed, we would appreciate some assistance singing along, and, yah, dancing with your young ones and friends.

We hope to see you the afternoon and evening of Saturday, December 14!

*A Holiday Greeting from Your Councillor*  
**HELLO, FRIENDS AND NEIGHBOURS IN WARD 7!**

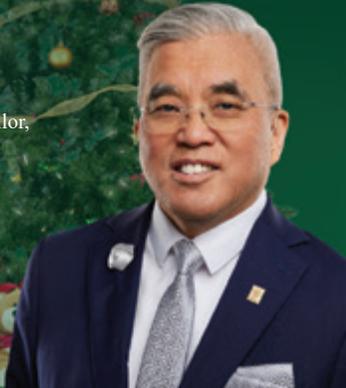
As the twinkling lights go up and Calgary's streets are sprinkled with snow, I want to share a heartfelt holiday message with each of you in Ward 7. This season, I'm grateful for the connections we've built and the shared vision we're realizing together. You are the heart of our community, and it's been a privilege to represent and collaborate with you.

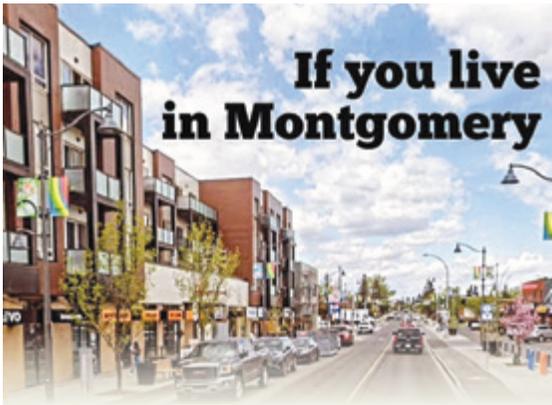
The holiday season is about so much more than a celebration; it's a time to treasure moments of warmth and joy with those we hold dear. Whether you're celebrating Christmas or simply embracing the beauty of winter, I sincerely hope these days bring you laughter, love, and a chance to rest. This is also a special time to remember those in our community who are vulnerable and in need. Small acts of kindness can truly make a difference and embody the spirit that makes our community strong.

As we approach the end of 2024 and move into 2025, marking the conclusion of this Council term, I'm inspired by all we've achieved together. I'm optimistic about what lies ahead and look forward to continuing to serve you. The coming year holds so much promise, and I'm excited to see how we can build on our progress, making Ward 7 an even more vibrant, safe, and welcoming place for all.

From my family and office to yours, Merry Christmas, Happy Holidays, and a joyful New Year. Here's to health, happiness, and shared moments of connection in the days to come and beyond. Thank you for being part of this journey with me. I can't wait to see what we accomplish together as a community.

With all my best,  
Your Ward 7 Councillor,  
Terry Wong





**If you live  
in Montgomery**

## If You Live in Montgomery...

If you live in Montgomery, you should follow @mca\_people on Instagram!

Montgomery is considered to be one of Calgary's most vibrant communities with a population of 4,000 and a business district of 120 retailers and service providers.

## Make a Ripple in Montgomery!

Residents of Montgomery, and our good neighbours in Greenwood Village and Bowness, can receive up to \$1,000 to put toward community building ideas and projects. Learn more and apply for a Ripples Community Building Grant at [mybowness.com/ripples](http://mybowness.com/ripples).

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