

JULY 2024

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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PAGE 8**



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Stay Connected With Montgomery

- ✉ **General Email Inquiries:** manager@mcapeople.com
- Newsletter Submissions**
David Hoskyn: building@mcapeople.com
- 📍 5003 16 Avenue NW T3B 0N2
- ☎ 403-247-3116
- 🌐 www.mcapeople.com
- 📘 MontgomeryCA
- ✉ @mcapeople



ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish’s brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!



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 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 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!

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GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

	8		4		3	6		
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SCAN THE QR CODE FOR THE SOLUTION





PICKLEBALL AT MCA

• 9:30 AM - 12:30 PM •

• MONDAY •

• WEDNESDAY •

• FRIDAY •

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

Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

**News, Events,
& More**



**Crime
Statistics**



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Statistics**



JOKE OF THE MONTH



**WHY DID THE GOLFER
BRING TWO PAIRS
OF PANTS?**

**IN CASE HE GOT A
HOLE IN ONE.**



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Program will be outdoors if weather permits!



JULY 16 - AUGUST 20
10-11:30 AM

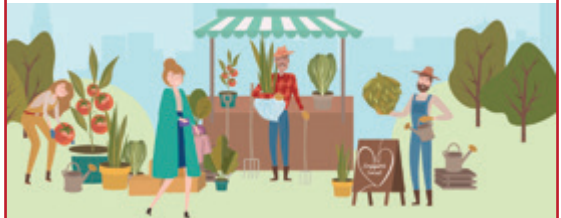
MCA - MONTGOMERY COMMUNITY ASSOCIATION
5003 16 AVE NW

For more information contact:
BFT@caryacalgary.ca

Calgary



Farm Stand Program



Montgomery Community Association
Wednesdays 10am - 1pm
5003 16 Ave NW

In partnership with The City of Calgary and Montgomery Community Association, Broxburn Vegetables is running a farm stand in our community. Stop by and grab some fresh Alberta veggies, dairy, and baked goods to spice up your dinner!

Please note: The recent watermain break may affect the scheduling of the Farm Stand.

How to Grieve the Loss of a Pet

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

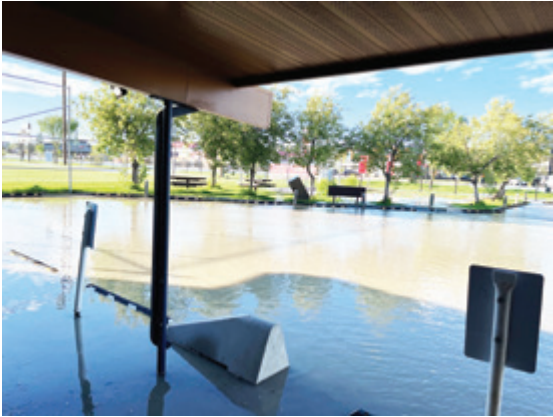
Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

Calgary's Watermain Break in Montgomery



The Next Day Dry (1)



The Next Day Dry (2)

FOURTH FRIDAY PUB NIGHT

Fourth Friday Pub Nights will return in September!



Summer Camp location!

MCA
MONTGOMERY
COMMUNITY ASSOCIATION

NEW!

July 2-5: Little Veterinarian School Summer Camp:
Calling All Future Veterinarians Ages 6-11

Aug 19-23: Little Doctor School Summer Camp:
Calling All Future Doctors Ages 6-11

To register:
www.littlemedicalschool.com/calgary

LITTLE
MEDICAL
SCHOOL

A photograph of a young boy in a white lab coat sitting at a table. He is looking down at a stuffed dog on the table. The background is slightly blurred, showing other people and a red location pin icon.

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

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Montgomery Wellness Centre

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MCA
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Phone Inquiries: 403.689.1428
Email inquiries: engagement@mcapeople.com

A QR code located in the bottom right corner of the MCA Members Receive a 10% Discount flyer.

YOUR PRODUCTIVITY GURU

The Advantages of Active Listening

Whole books have been written about why we don't listen very well, but the primary causes are either that we are busy evaluating and/or composing a response to the other person's words, or we're distracted in some other way. I'll summarize the benefits of active listening.

Respect

When you listen with full attention, without interruption, you are communicating respect. By offering respect, you also gain it.

Throughput

When you are actively listening, rather than interrupting or letting your mind wander, the other person is more likely to tell the whole story and reveal more details.

Between the lines

When people talk to us, they're using words, but their facial expressions and body language say even more about what's going on. These cues are crucial to understanding the finer details. Active listening helps you avoid some of the assumptions, misunderstandings, and conflicts that are common in conversations.

Ideas

If your colleagues don't believe you'll actively listen to new ideas, they're more likely to keep those ideas to themselves. Ideas that never see the light of day cause stagnation and inefficiency.

Airtime

When people know, you will actively listen to them, they are also more likely to reciprocate.

Karl Plesz

Your Productivity Guru

MCA Hosted Events. Join Us!

MCA Social Seniors Club Potluck and Live Music

Saturday, July 27, 11:00 am to 3:00 pm

Volunteers needed please email
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MCA Social Seniors Club

We have moved our monthly potluck brunch from the third Thursday to the Saturday after our Fourth Friday Pub Night for various logistical reasons. We are joining forces with a number of strong Seniors associations and are quite pumped about the 2024 programs we will be offering. If you are 60+ do join us July 27!

A massive and warm "thank you" shout out to Kim and Terry for all the effort that went into making the 2023 series successful.



SOCIAL SENIORS CLUB POTLUCK

Saturday, July 27

11:00 AM to 3:00 PM

MCA Main Hall: 5003 16th Ave NW

SAME GREAT MONTHLY SOCIALS, JUST NOW ON SATURDAYS!

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



Know the signs of **STROKE**

F **Face**
is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST
heartandstroke.ca/FAST

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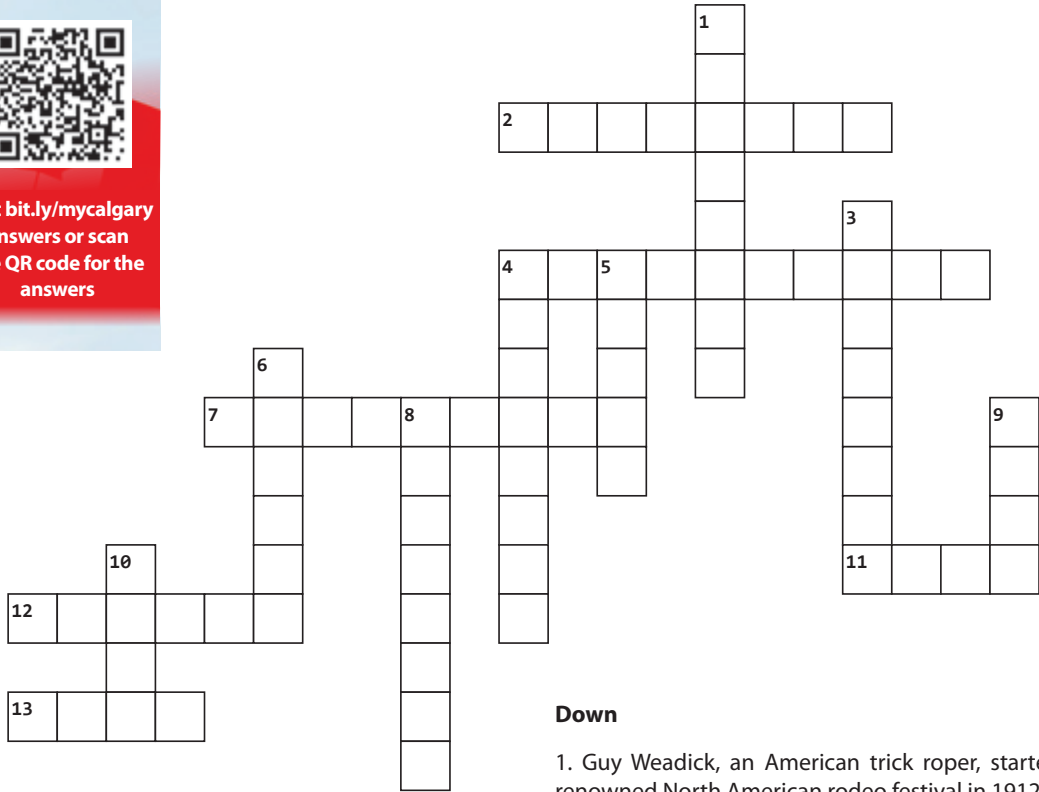


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July Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.



Happy 60th Birthday MCA!

The Montgomery Community Association just celebrated 60 years. We would love you to share your memories with us and any ideas you have for the next 60 years!

Please send us any pictures or stories you have from your time in Montgomery to David at building@mcapeople.com.

Volunteer with MCA!

We have many opportunities for you to be a part of the growing team of MCA Volunteers! Join our Board! Help out with our monthly Pub Nights and Seniors Brunches! Offer your experience to lead or be part of our upcoming Workshops and Programming! Jelly Bean Dances! Skating rink! Community Garden! Riverside Cleanup! Bike Park! Monty's 60th Birthday Party! Talk to Director Benjamin at volunteer@mcapeople.com, and let's see where the best fit is for you. Thank you for reaching out to us.



AUGUST 5, 2024

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RACE + FESTIVAL

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MAINSTREET BOWNESS

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 MONDAY, AUGUST 5, 2024
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✉️ len.webber@parl.gc.ca

It Costs Everyone

Car theft is becoming a massive cost for every Canadian because the problem is getting out of control and the criminals are far ahead of law enforcement. Car theft is up over 35% since 2015.

Car theft provides a major source of funding for terrorist and crime organizations to the tune of over \$1 billion per year.

Car theft now costs the insurance industry more than \$1.5 billion, meaning every Canadian must pay more each month. This is because 1,000 vehicles are stolen each week. Each car stolen usually results in an insurance claim which means you are paying more for insurance — the more that are stolen, the more you pay.

The federal government's lax rules on crime mean that repeat offenders are usually released on bail within hours of arrest. Once released they often go and promptly reoffend. Even after offenders have been convicted, they often get house arrest. This means that they can just walk out their front door and be on the streets again immediately, stealing cars and terrorizing our neighbourhoods.

Canada needs a government that will hit the brakes on car theft, protect your property, and bring home safe streets. I think we need to: increase the mandatory minimum penalty from six months to three years for a third offence; remove eligibility for house arrest if convicted of motor vehicle theft; create a new, specific aggravating factor where the offence of motor vehicle theft is committed for the benefit of organized crime; and, repeal catch-and-release rules in Bill C-75 to ensure that repeat offenders get jail, not bail.

It's time to drive down insurance costs and that starts with putting the brakes on auto theft.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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JULY 6, 2024

BREAKFAST 7 AM - 12 NOON
Bowness Shopping Centre

PARADE BEGINS AT 9 AM

**See y'all
there!!**