

JUNE 2024

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



MCA
MONTGOMERY
COMMUNITY ASSOCIATION



**SPRING HAS SPRUNG!
MULCH ARRIVES AT THE
COMMUNITY GARDEN!**

PAGE 7



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President	Vacant president@mcapeople.com
Vice-President	Michael "Spike" Richards vp@mcapeople.com
Treasurer	George McMullen treasurer@mcapeople.com
Secretary	Ally McColl secretary@mcapeople.com

Staff

Operations Manager	Vacant manager@mcapeople.com
Building and Maintenance	David Hoskyn building@mcapeople.com
Engagement and Communications	Vacant engagement@mcapeople.com

Directors

Business Liaison	Elizabeth Laishey
Directors	Kayla Doiron Ken Adams George McMullen
Director, Planning Co-Chair	Harminder Dhillon planning@mcapeople.com
Director, Seniors' Social	Vacant
Director, Volunteers	Chrystal Read 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

Newsletter Submissions

David Hoskyn: building@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.

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!

Enjoy Off-Leash Dog Parks Safely This Summer

by the City of Calgary

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know Your Dog

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.



Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

Bring Essential Supplies

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit calgary.ca/pets/licences.



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VICE-PRESIDENT'S MESSAGE

Happy Spring! It is with great delight that I tell you about what's been "springing" up at Montgomery community!

Our volunteers have been busy beautifying the grounds and the Community Garden folks have been prepping and planting!

We're looking forward to a number of great events in the fall including MCA's 60th Anniversary Celebration in September.

Fourth Friday Pub Night was a great success in April and will return in the fall.

Social Seniors Potluck is ongoing year-round. Gord and Harv continue to keep us entertained and we're looking forward to a pancake lunch served up by the Bowness Lions over the summer.

MCA has undergone a transition in staff personnel and directors on the Board. We're excited to introduce to you our new board members who bring with them their years of experience, expertise, and enthusiasm! We anticipate an exposé and photos in the July issue, so stay tuned!

Please join us on the third Tuesday of each month for the monthly Board Meeting at 7:00 pm. Bring your questions, ideas, and comments. We want to hear from you; how can we make your Montgomery Community better?

Remember, our door is open, and we encourage you to come see us! If email is your thing, please reach out to us at vp@mcapeople.com or building@mcapeople.com.

Thank you all for supporting MCA programmes and events.



MCA Hosted Events. Join Us!

MCA Social Seniors Club Potluck and Live Music
Saturday, June 29, 11:00 am to 3:00 pm

Volunteers needed please email
volunteer@mcapeople.com.

CARYA

Baby Drop-in Play

A FREE program for families with babies 0-18m to connect and play.
Drop by Tuesday mornings for a coffee and some play time.



MONTGOMERY COMMUNITY ASSOCIATION EVERY TUESDAY
APRIL 9 - JUNE 11
10:30 - 11:30 AM

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
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- Coveralls
- Microfibre Cloths
- Dish Rags

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• 9:30 AM - 12:30 PM •

• MONDAY •

• WEDNESDAY •

• FRIDAY •

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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!

Community Garden

The MCA Community Garden had mulch delivered for the season. Seven yards of mulch were left to share with the Centre for the surrounding tree and shrubbery beds. Montgomery volunteers worked tirelessly to weed and re-mulch the beds at the Centre. The surrounding fence lines and grounds are shaping up!

Come and enjoy the green space and playground at the Montgomery Community Centre. Our volunteers are making it a space to be proud of!



Cats, Canines, & Critters of Calgary



Archie, Sage Hill



Bandit, Copperfield



Louie, Country Hills



Minnie, Erlton



Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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NEW!

July 2-5: Little Veterinarian School Summer Camp:
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Aug 19-23: Little Doctor School Summer Camp:
Calling All Future Doctors Ages 6-11

To register:
www.littlemedicalschool.com/calgary

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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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Alberta Vacuum Experts Inc.

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Sharetea Bowness

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The UPS Store#466

MCA
MONTGOMERY
COMMUNITY ASSOCIATION

**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

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Email inquiries: engagement@mcapeople.com

SOCIAL SENIORS CLUB



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.

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



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Monday to Friday 8:30 am - 7:00 pm
Saturday 8:30 am - 5:00 pm

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 June 29!

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, June 29
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.



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OUR TEAM

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Improv In the Workplace? Just Say Yes!

by Karl Plesz

I've been a student of improvisation for over 15 years. As you may know, improvisational theatre involves simultaneously creating and acting out stories without the benefit of a script. This is not easy to do, and it is a craft that requires constant training and practice. As I began to learn the fundamental lessons of improv from the masters, I had an 'aha!' moment. The skills we were learning were completely applicable to the workplace, school, social circles, and life in general.

Among other things, I was learning to lose my fear of failure, and instead showed how to embrace failure as a necessary part of learning. I was taught to put my ego aside, be in the moment and accept all offers (ideas) instead of delaying, denying, or blocking them. Further, not only to accept the new ideas, but to build on them, breathe life into them, pass the ideas along to someone else, and see how they evolve. Do all ideas survive? No. But every idea deserves to be examined, no matter the agenda.

These basic improv lessons accomplish a variety of things when taught to a corporate or academic audience. Among them, building self-confidence, pushing personal boundaries, promoting equality and teamwork, making interpersonal connections, developing focus, active listening, being in the moment, evolving the group mind, promoting creativity and imagination, learning new forms of communication, practising spontaneity, enabling experimentation, and finally, something often quite foreign to many work and school environments - having fun while learning.

I have had opportunities to teach some of these skills to academic audiences with amazing and transformative results. Students were blown away by what they were learning, they were able to instantly use these new tools to solve problems, and many wanted to know more. I foresee a future where improvisational skills becomes a crucial part of a regular curriculum in schools, and hopefully workplaces as well. Just imagine the continuing development of students, workers, and management, learning how to create and make each other look good through regular creative exercises. All while having fun. What a concept!

June is our month for
Montgomery Community Membership Drive!

Our members embody the gas that makes our Community run. It gives us the power to offer programs and special fun events like our upcoming 50 year celebration. More members also give us more influence to represent our community with City Hall and City Planning Committees. The more members we can show, the more chances we have to be listened to with the City planning departments. Like so many Calgary Community Associations, we are concerned with local affairs like zoning, traffic, parking etc. We need your community members input with all issues and concerns.
Join now and become a part of the community you live, work or run a business in
YOUR MEMBERSHIP PARTICIPATION IS IMPORTANT TO US!

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SENIORS	ASSOCIATE
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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 engagement@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.



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South Shaganappi Communities Local Area Planning

Your input **today** will help shape how your community evolves over the **next 30 years**.

We want to hear from you

We are continuing to work together to refine the South Shaganappi Communities Local Area Plan and encourage you to participate in this important phase of engagement.

Phase 3: REFINE of the South Shaganappi Communities Local Area Planning project is taking place May 28 – June 24. In this phase, we are looking to further discuss and refine how redevelopment and revitalization could happen in the Shaganappi Communities of Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, University District, University Heights, University of Calgary, and Varsity.

Provide your input on topics including:

- **Draft local area plan maps.** These maps are not finalized. Your input is needed to help inform what types of development could potentially fit best where if proposed in the future.
- **Community improvement ideas.** Your input is needed to determine what community improvements and investments are needed—such as upgrades to mobility connections or enhancements to local parks.



Learn more at
calgary.ca/Shaganappi

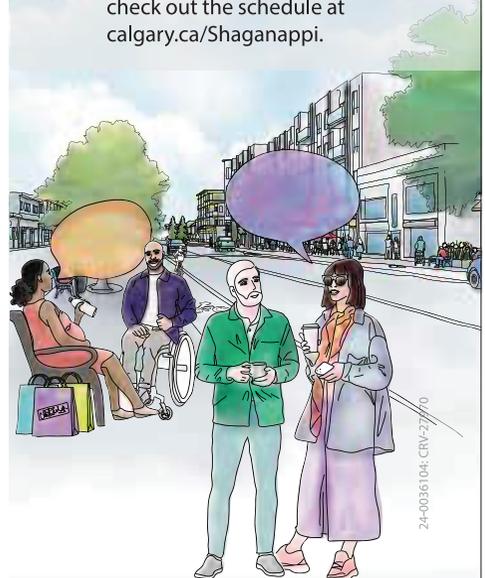
Share your thoughts from May 28 – June 24, 2024:

- **Online at calgary.ca/Shaganappi.**
- **Through an engagement booklet** (delivered to homes and businesses starting May 28).

Each engagement booklet includes a feedback form that can be mailed in with pre-paid postage.

You can also pick a booklet up at an Engagement Station (see location map online).

- **Join a virtual or in-person engagement session** – check out the schedule at calgary.ca/Shaganappi.



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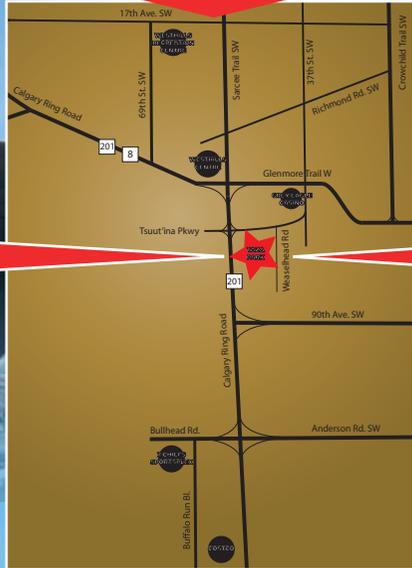
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