

MAY 2024

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



**MEMBERS OF THE
COMMUNITY GARDEN
SEE MORE ON PAGE 7**

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11AM - 5PM



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& ARTISTS
WANTED

JUNE 22, 2024

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BOWNESS ROAD BETWEEN 45TH AND 47TH STREETS NW



SCAN HERE

FOR REGISTRATION TO PARTICIPATE
& TO LEARN MORE ABOUT THE EVENT.

THIS EVENT
IS BROUGHT
TO YOU BY



Executive

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

Staff

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

Directors

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

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

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!



SUPPORT MCA! GET YOUR 2024 MEMBERSHIP NOW



SINGLE
\$10
SENIORS
\$5

FAMILY
\$20
ASSOCIATE
\$20



**REGISTER ONLINE WWW.MCAPEOPLE.COM
[@MCA_PEOPLE](https://twitter.com/MCA_PEOPLE)**

NEW TOWNHOMES COMING TO U/D

Come home to University District, an award-winning urban community in Northwest Calgary. GUILD townhomes by Crystal Creek Homes combines elegance and comfort with spacious layouts and sophisticated design elements. GUILD launches May 4, 2024. Visit the Discovery Centre to learn more. [Life works here.](#)

University District Discovery Centre
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myuniversitydistrict.ca

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DISTRICT**
— CALGARY —



VICE-PRESIDENT'S MESSAGE

I am pleased to serve the Montgomery Community Association in the role of Vice-President. Please look to this space in the coming months for my updates from the Board on community news and events!

Michael "Spike" Richards

vp@mcapeople.com

MCA Hosted Events. Join Us!

MCA Social Seniors Club Potluck and Live Music

Saturday, May 25, 11:00 am to 3:00 pm

Volunteers needed please email engagement@mcapeople.com

MCA Resignations

The following people have resigned from the Montgomery Community Association:

President – Jason Sokolosky

Treasurer – Anita Hennig

Bookkeeper – Michelle Melski

Engagement and Communications – Ali MacQuarrie

MCA thanks you for your contribution to the Community and wishes you the very best in your future endeavours.

Councilman Terry Wong speaks at the 2024 MCA AGM, February 27



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

Your Patio Furniture Superstore!



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PICKLEBALL AT MCA

• 9:30 AM - 12:30 PM •

• MONDAY •

• WEDNESDAY •

• FRIDAY •

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

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4-H Alberta Six-Week Intro Clubs Popular Among Calgary Families

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

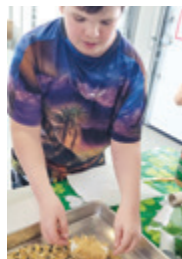


Ever since the launch of the initiative in September, 4-H Alberta's Intro Clubs have achieved success in various communities throughout Calgary. This pilot program has now hosted four introductory clubs dedicated to introducing the youth to the world of 4-H with two more currently running in April. Among these clubs are the renowned Explore 4-H program, a baking club, and four daytime homeschool clubs, each tailored to cater to the diverse interests of the young individuals in the region.

Youth programs like 4-H help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules.

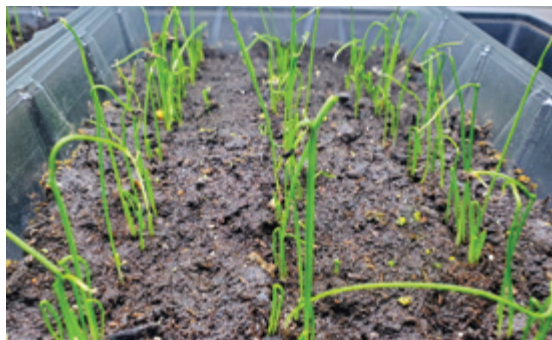


4-H Intro Clubs will continue to be offered in various locations throughout the city until July. There will be two new clubs offered this spring including a six-week program starting on May 1 at the Kingsland Community Hall from 6:00 to 8:00 pm, and a "touring" club in June. The program is open to youth ages 9 to 18 and is limited to 15 members per club. Email introclubs@4hab.com or visit www.4hab.com/member-programs for more information.



Community Garden

Spring is in the air. For Community Garden members this means registration is underway. It has been another year with high interest and garden spots filled quickly. If you are interested in being added to the waitlist or to get on the early list for 2025 email gardenmca@gmail.com. We enjoyed our experimental crop of leeks last year and are growing them again. The Committee is also looking at ways to save and collect water this year to reduce water use, especially with drought conditions. We look forward to keeping you updated over the season.



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!

MCA: Shop Local and Receive A 10% Rebate Program!

The biggest asset any community has are its people. People who care about the area they live in, are willing to join and work together to make it a better place, be it by joining the Montgomery Community Association as a volunteer, working together to approach the city with common concerns like parking, zoning bylaws, or property taxes.

But a community requires a strong different component as well, namely a vital and healthy business community. Nothing depresses an area more than boarded up shops and for sale signs all over Main Street.

In order to achieve a healthy commercial business district, we all have to work together and give our support to our Montgomery businesses.

This is why we started our Shop Local and Receive a 10% Rebate program!

This is an opportunity for all our members to shop where we live and save money. A win-win situation.

Purchase a Community Association Membership card and save. We have left our membership fees very reasonable for everyone to afford.

- Seniors: \$5
- Singles: \$10
- Family: \$20
- Associates: \$20 per year

Look for our poster on the door for participating businesses and ask for your discount by showing your membership (by card or on your phone) and save. You will be surprised how many exciting and useful venues there are in Montgomery, many places I never knew existed in our area even after living here more than 20 years. Another plus, you stay close to home, no long drive. You might even get a walk in by visiting your favourite places.

You can find a detailed listing of our business participants on our website.

Elizabeth Laishley

Director of Business/Community Liaison



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403-255-6688

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

Word of the Month

Salubrious: adjective (sa-lu-bri-ous)

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.

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

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 Inc.

Allan's Flowers

Canine Cuts

Century Derma Lounge

Curvy Britches

Cactus Nail Salon

Elevated Journeys Inc.

Fringe Coffee Inc

Gas Tech Heating & Fireplace

Golden West Restaurant

Good Samaritan Thrift Store

Montgomery Auto Service

Montgomery Village Vet

Montgomery Wellness Centre

NOtable The Restaurant

Outlash Beauty Boutique

Razor's Edge Hair Salon

Rising Tides Taproom

Sharetea Bowness

My Travel Shop (Travel Gurus)

Vitamin Boba

The UPS Store#466



**MCA MEMBERS RECEIVE A
10% DISCOUNT**

(MUST HAVE PROOF OF VALID MEMBERSHIP)

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

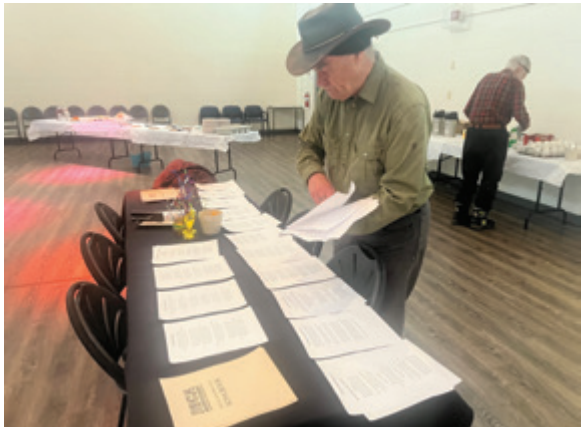
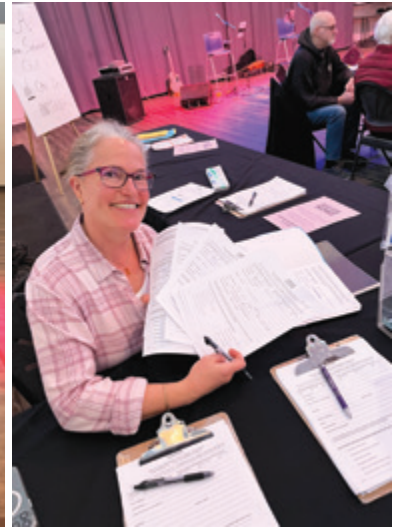
Support The Montgomery Community Association and register for your 2024 Membership.

Scan the QR code or visit www.mcapeople.com

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



SOCIAL SENIORS CLUB



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 May 25!

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, May 25

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.



*Happy Mother's Day!
Or Maybe Not...*

This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!



MEMBERS OF THE MCA VISIT THE CHILDREN'S COTTAGE



FOURTH FRIDAY PUB NIGHT



UNIVERSITY OF CALGARY

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

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



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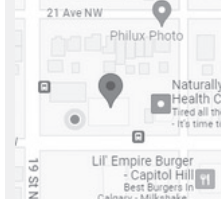
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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TERRAVIEW LAWN CARE & LAWN PAINTING: Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



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