

NOVEMBER 2024

DELIVERED MONTHLY TO 3,325 HOUSEHOLDS

MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

JOIN US FOR THE MONTGOMERY
CHRISTMAS MARKET
DECEMBER 7



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Andrea Irwin & Jack Hebditch
403.686.4294
guild@crystalcreekhomes.ca



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MONTGOMERY BIA PRESENTS THE 6TH ANNUAL

Light Up MONTGOMERY

WINTER FESTIVAL



30 NOV MONTGOMERY TOWN SQUARE 5PM - 8PM

BUTTERFIELD ACRES • SANTA • SLEIGH RIDES
HOT CHOCOLATE AND CIDER • BONFIRES AND STORES
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CORNHOLE COMPETITIONS • SPIN THE WHEEL AND WIN

THANK YOU TO OUR SPONSOR:

SAFeway 



SCAN FOR
MORE INFO



**BROUGHT TO YOU BY THE
BUSINESSES OF MONTGOMERY**



MONTGOMERY COMMUNITY ASSOCIATION

Executive

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

Staff

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

Directors

Director	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 Laishley

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	Dimitrios 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!

CALGARY FINE DENTISTRY

Dedicated to providing you with optimal dental health.



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Come check us out!

403-284-3061

#206 1910 20th Ave, NW

www.calgaryfinedentistry.com

MCA Hosted Events. Join Us!

MCA Social Seniors Club Potluck and Live Music

Saturday, November 23, 11:00 am to 3:00 pm

Volunteers needed please email
volunteer@mcapeople.com.

MCA Christmas Market

Saturday, December 7, 10:00 am to 5:00 pm

Montgomery's 60th Anniversary Celebration

Saturday, December 14



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

Phone Inquiries: 403.689.1428

Email inquiries: engagement@mcapeople.com





HAPPY BIRTHDAY!

60th Anniversary Postponement

Unfortunately, due to the new work infrastructure being done, and the potential of access issues returning to the MCA centre, we were advised to postpone our September 14 event celebrating Montgomery's 60th Birthday.

We are now planning a family friendly and very fun evening on Saturday, December 14. Please plan on joining us, expect music and food and did we mention fun yet?




If you were looking for a reason to volunteer for your Community Association and meet your neighbours, this would be the event! Get in touch with Spike at manager@mcapeople.com, we would love to have you be a part of the team.


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.

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

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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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

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)

MCA Social Seniors Club Potluck



SOCIAL SENIORS CLUB POTLUCK

Saturday, November 23

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.



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

CARYA

Business Improvement Area



What is a BIA?

A Business Improvement Area (BIA) is a group of businesses, within a defined geographic area, that work together on local improvements and promote local economic development. Established by municipal bylaw under the Municipal Government Act of Alberta and the BIA Regulation, BIAs are funded by an annual tax which is collected from the area's businesses by the City and transferred to the BIA board of directors.

This year marks 40 years since the first BIAs in Calgary were created. BIAs have a big role in the success of many local businesses in Calgary's busiest and most loved neighbourhoods. A BIA's role includes promoting the area, beautifying property, advocating for policies, and much more.

The first BIA in Calgary was 17 Ave Retail and Entertainment District which was founded on September 18, 1984. The same year, Marda Loop BIA was founded on December 17, 1984. Today there are 15 BIAs throughout the city to discover, representing more than 6,400 businesses.

BIA Purpose:

- Improving, beautifying, and maintaining property in the business improvement area.
- Developing, improving, and maintaining public parking.
- Promoting the business improvement area as a business or shopping area.

BIA Roles:

- BIAs enhance vibrancy and have helped create some of Calgary's best known and most loved neighbourhoods.
- BIAs provide input and advocate for policies and planning that support local economic development and vitality.
- BIAs invest in promotion, special events, maintenance, and streetscape improvements within these areas.
- BIAs work collaboratively with the City in delivery of municipal services, operational issues, and strategic planning to support these areas.





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Book Your Christmas Gift Cards Now!



OUR TEAM

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

Swish ORAL CARE



Good vibes,
great care.

It's official: our second location is opening in the University District this fall. Sign up for our patient waitlist and be the first to experience Swish 2.0.

Scan me
Scan me
Scan me



swishoralcare.ca

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

At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this fall 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 our patient waitlist and be the first to experience our brand-new University District location.

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

“ I have dreaded going to the dentist for decades and now I finally found an office that I enjoy coming to.” - *Kayla R.*

“ First class dental service.” - *Chad T.*

“ I am truly astonished that this place exists—in the most wonderful way possible.” - *Shelby B.*

“ The way a dental clinic should be run. Top notch experience and service. Well worth the wait to book!” - *John S.*

Why Switch to Swish?



Designed for Care & Comfort.

We've partnered with award-winning designer, Sarah Ward Interiors, to create a clinic that's anything but clinical. Say no to the fluorescent glow and yes to thoughtful design details that put your mind at ease. Sneak-a-peek at our new space on Instagram at [@swishoralcare](#).

Tailored to Your Tastes

Mint or Strawberry floss? Netflix or Disney+? A scoop of Village Ice Cream or a cup of coffee from Monogram? Everything you didn't know you needed from your dentist, at your fingertips, at no extra cost.

Healthcare, Meet Hospitality

Our philosophy of care puts people first, always. We ease dental anxiety with kindness, compassion, and empathy. When you enjoy your routines and rituals, great care comes easily.

Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



The Essentials

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



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.



Cosmetic Dentistry

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



Invisalign

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



Emergencies

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

Brush up on all things

Swish

Opening this fall in the University District. Be the first to book – join our patient waitlist.

Find us online:



swishoralcare.ca

hello@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.



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



Jelly Bean Dances

We are looking to host a pair of Jelly Bean 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*

**PURCHASE MEMBERSHIP AND
MORE INFORMATION**
WWW.MCAPEOPLE.COM

MUST BE AN MCA MEMBER TO PLAY *UP TO 12 SESSIONS A MONTH
403-247-3116 manager@mcapeople.com

CONCERNED ABOUT HOMELESSNESS IN YOUR COMMUNITY?

HELP (formerly DOAP) Team (403) 998-7388

24/7 mobile, **non-emergency** assistance serving vulnerable individuals under the influence of alcohol or other substances city wide.

Encampment Team (403) 805-7388

mobile response unit supporting individuals who are **rough-sleeping or living in encampments**.

Needle Response Team (403) 796-5334

mobile response unit for safe **clean up and disposal of needle debris** on public or private properties.

MAYBE ONE OF OUR
TEAMS CAN HELP!



GIVE A LITTLE, HELP A LOT

Your contribution will go a long way toward **supporting vulnerable Calgarians experiencing homelessness, mental health, and substance use challenges.**

Monetary Donations support the programs and services of your choice

In-kind Donations of food, water, clothing and hygiene items are directly handed out to clients in the community

Volunteer With Us – we have both individual and group volunteer opportunities available

FOR ALL EMERGENCY SITUATIONS
INCLUDING CRIMINAL ACTIVITY
AND MEDICAL EMERGENCIES

CALL 911



SCAN THE **QR CODE** TO LEARN
MORE ABOUT HOW YOU CAN
SUPPORT OUR WORK



Winning Presentations

You may have taken PowerPoint training, but have you ever been taught how to make great presentations? I could teach you how to identify a carpenter's tools with generic descriptions, but would you know how to use a chisel to clean up a joint? Alright, let's clean up this joint.

Designing a PowerPoint presentation is unlike any other productivity task. Most of the things we might be inclined to do may make for a less effective presentation.

For example, there's the 10-20-30 rule invented by Guy Kawasaki. 10 represents the maximum number of slides there should be in a presentation. That seems like a hard rule, but it falls in line with the next part. 20 is the maximum number of minutes the presentation should last. Because that's approaching the limits of the typical human attention span. And lastly, 30 refers to the minimum font size used in each slide.

30 font size?! That's right, because your slides shouldn't be filled with words. The biggest mistake presentation creators make is wordiness. What should be on a slide? Think of a billboard. Have you ever seen a billboard with more than a few words on it? If you did, you probably gave up on reading it after three seconds. What makes an effective billboard? A great picture. The same is true for an effective slide.

Here's how I design my presentations. Start with a script. Plan what you want to say and write it down. Just don't ever put the script on the slides. Do you want your audience reading the slide, or listening to and watching you? Once the script is written, separate the script into points that can be said in a minute or so. Each of those points becomes the basis of a slide. So, if you're going to present a talk about cake, and your main points are types of cake, put each type on its own slide. Then you find a great picture to represent that type of cake. Then you label the slide with a few words, so they know what they're looking at. Stop right there. You have a functioning slide.

What about the script? That doesn't go on the slide, that comes out of your mouth. Your script should be printed out on sheets, one per slide, with the picture from the slide as a reference point. PowerPoint can do exactly that. It's called printing the notes pages. You do

the talking, and your slides are nothing more than the accompanying billboard.

The final slide should have a takeaway message. Something short, that eloquently sums up what you spoke about. It can even be funny. You might be tempted to create a review slide, but it's not really necessary if your presentation is short, sweet, and to-the-point. The takeaway message, especially if it's memorable, will have a bigger, longer lasting impact.

The rest of a presentation's challenges can be summed up with one word - design. Use a sans serif font that's easy on the eyes. Especially at a distance, dark text on a light background is best. Make sure people can see what's on a slide from the back of the room. Words can be layered on top of images. Proof for spelling. Watch for clashing colours. Also, there is no need for animations and transitions. They are not only time-consuming to create, but they also distract from the content. I've watched audiences start betting pools over what transition or animation type will come next. Special effects can misbehave and if they do, that's all your audience will remember.

Lastly you have to rehearse. I have a bold suggestion for this part. Give the script and slides to someone else and let them deliver the presentation. Why? Because you'll discover quickly what's working and what isn't. If that's too radical for you, then just deliver to an honest test audience, even one person. If the content is boring to the test audience, it's time to go back to the drawing board.

Speaking of delivery, you're not a robot - so don't speak like one. Engage in animated speech like you are talking to a friend. If there are handouts, I prefer not to give them out until after the presentation, but at least let them know that handouts are coming. Again, you want the audience to focus on you, not reading ahead.

Karl Plesz

Your Productivity Guru



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.

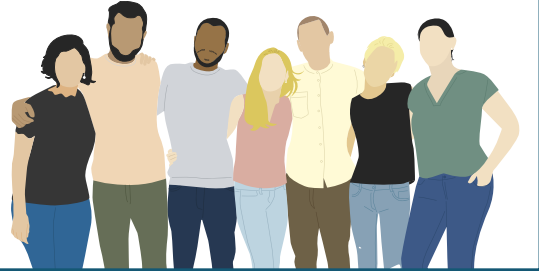
- Fourth Friday Nights' monthly Pub Nights, started up again in September. Live music with original songwriters, karaoke entertainment, and community fun with special events for the whole family: Halloween parties, crafts, and kids' games.
- Join our community garden every spring and work and learn together 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 or visit our website at 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, and let's see where the best MCA fit is for you.

Thank you for reaching out to us and helping.



Reasons To Volunteer!

For us... We can use your help!

For you... Connect with your community. Meet new friends. Talk to new people. Enjoy a sense of accomplishment. Learn some new skills. Expand your professional network. Bring some extra fun into your life. Get out of your comfort zone. Enjoy a challenge!

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.



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Calgary Confederation
Len Webber, MP

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Calgary, AB T2M 3M2

📞 403-220-0888

✉ len.webber@parl.gc.ca

Making Time to Remember

Have you ever wondered why Canadians and Americans don't celebrate Thanksgiving at the same time?

Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11 as Armistice Day.

The day was intended to celebrate the Allied victory in the First World War but quickly became a day of remembrance for those who had died in WWI and conflicts before.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day. Early remembrance ceremonies were observed primarily within the military community but with the passage of time it became an occasion for the general population to show appreciation and remembrance.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11 every year. It reflected the public sentiment that the occasion should focus on the memory and sacrifices of those who served and died in defence of our nation instead of celebrating the political and military successes that led to victory in WWI.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November, and they conduct their remembrance activities during the Memorial Day weekend in May.

This November 11, Canadians will again pause to remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation.

Lest we forget.



The poster features a dark green background with white snowflakes and starburst lights. At the top left is the 'night MARKET HOLIDAY EDITION' logo. In the center is a glowing yellow sign with a marquee border, containing the event title and details. Below the sign is a pink neon 'OPEN' sign with an arrow pointing right. At the bottom, there are logos for 'MARKETSPOT', the event dates and website, and 'UNIVERSITY DISTRICT CALGARY'.

night MARKET
HOLIDAY EDITION

U/D NIGHT MARKET
HOLIDAY EDITION

FREE EVENT FEATURING LOCAL
ARTISANS, LIVE MUSIC & ICE SKATING

OPEN →

NOV 28 & DEC 5, 5-9 PM
UDNIGHTMARKET.CA

MARKETSPOT

UNIVERSITY DISTRICT
CALGARY

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!

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.
Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.
Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



**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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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For business classified ad rates contact Great News Media
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