

AUGUST 2025

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# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

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## Senior's Social Potluck Brunch

Bring something to share. And we will do the same. Bring a friend who needs to socialize a bit. And we will make them feel very welcome. It's a monthly affair for those 60 and over!

**Saturday, August 16**

- Mingle at 11:00 am
- Lunch at 12:00 pm

The Montgomery Community Centre:  
Corner of 16 Ave NW and Home Road.  
Across Home Road from Tim Hortons.

# MCA

## MCA DIRECTORY

### Executive

President	Shane Corriveau
Vice President	Jay Bedford
Treasurer	Ethan Macdonald

### Directors

Holly McBride	D'Arcy Williams
Jason Sokolosky	Ken Adams
Donna Adams	Brad Saunders

### Staff

General Manager	Michael "Spike" Richards
Building and Maintenance	David Hoskyn
Accounting	Yvette Foster-Norgren

### Community Contacts

Community Liaison Officer	Cst. Shuo Qiu pol5637@calgarypolice.ca
Neighbourhood Partnership Coordinator/City of Calgary	Brenda Annala

### Elected Representatives

City Councillor	Terry Wong 403-268-2430
MLA Calgary Bow	Demitrios Nicolaides 403-216-5400
MP	Corey Hogan

### School Board Trustees

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

### Stay Connected with the MCA

General Email Inquiries	manager@mcapeople.com
Newsletter Submissions	jaybedford@gmail.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116



## President's Message

Here at the MCA Centre, we've already had a very exciting summer but we're happy to present even more great activities.

Check out the page in this edition of the *Messenger* for details on our MCA Great Big Picnic. We're 61 years young and couldn't feel any more enthusiastic about our future. Please come and enjoy what we've put together for you!

Come September, we're launching a new partnership with the preschool we're working with – a non-profit organization focusing on the wonderful charms our children bring to the community. The University Heights Preschool is moving from Terrace Elementary to the MCA. And will now be known as the Montgomery Community Preschool. This is an important initiative as we help foster and develop the young minds who are growing and absorbing all the wonderful materials and fun activities we can place in front of them. We're very happy to announce this!

Along with our 61st, we want to reach out with a special thank you to all the partners we've grown with over the years like Vertigo Gymnastics, Carya Calgary, Shotokan Karate, Alien In-Line, Little Kickers, and the Montgomery BIA.

We're here to help all we can, internally or externally. 61 years is a testament to this.

We could discuss so much more we are doing here – but the best idea is to get to know us better – come down and mingle! And don't forget to enjoy the music and food at our MCA Great Big Picnic, August 16. See you there!





# COMING UP!

## MCA Seniors Potluck Brunch



Our monthly gathering for 60+. Bring your neighbours!

Saturday, August 16, September 20, and October 18.

Mingle 11:00 am. Lunch 12:00 pm.

## Meet Your MCA Board of Directors



Monthly meetings third Tuesday of month.

Starting at 7:00 pm.

## Pickleball Drop-In



Monday, Wednesday, Friday.

9:30 am to 12:30 pm.

## Carya Drop-In Play Group



Kids 0 to 5 and their older siblings.

Tuesdays, 10:00 to 11:30 am. From July 8 to August 19.

No charge. Everyone welcome!

## Carya Seniors Let's Move!



Stretch, breathing, and balance.

Thursday mornings 9:30 to 10:30 am.

August 7 and 14. Drop in. No charge!

Returning in September!

## Karate For Kids (12+) and Adults



Shotokan Karate, Brazilian Jiu Jitsu, Boxing.

Monday and Thursday at 6:30 pm.

Starting in September.

## Rhythmic Gymnastics for Girls



Vertigo's Coaching and Mentoring.

3 to 15 years. Monday, Tuesday, Thursday.

## Learn In-Line Skating



Alien brings their program to the MCA!

Ages 6 to 8 and 9 to 12.

Returning in September.

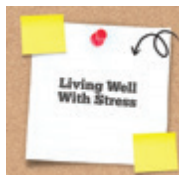
## The MCA Great Big Picnic



August 16, 12:00 noon to 9:00 pm.

Live music. Food. Family fun!

## AHS Healthy Living Series



Living Well with Stress.

September 4, 1:00 to 3:00 pm.

No charge. Walk in.

## Nakiska Alpine Ski Association



Annual Used Equipment Sale.

September 13 and 14.

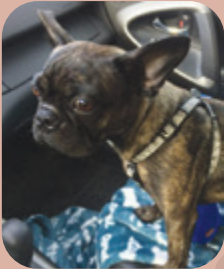
## MCA Annual Christmas Market



We've moved the date up to November 22.

Now accepting bookings from artisans and creators. Phone 403-247-3116.

# Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



Ella, Mount Royal



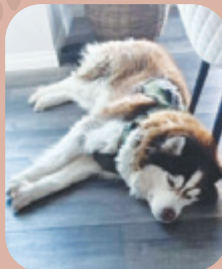
Mac, Evanston



Mango, Evanston



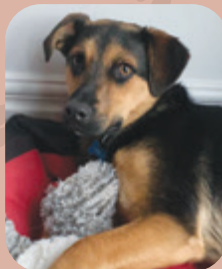
Mick and Turd,  
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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The Community Garden is doing brilliantly. We hope your garden is doing the same!

We've had plenty of strawberries, raspberries, and haskaps for fruits and our vegetables that we planted early in the season are looking abundant and fresh. Do you like peas, beets, carrots, and potatoes, just to name a few? We grow them all plus much, much more. How about your garden?

Aside from the mainstays of our humble little green area, did you know we have several herbs that we grow as well?

If you're interested in learning more about gardening, then don't forget to sign up next year when we begin the cycles once again! It's never too early or too late to learn this new, precious, and fun skill – and the rewards are surely worth the efforts. Back to the herbs...

In our garden, and at your fingertips should you wish to be a member with us, are:

- Basil – helps prevent cell damage as a powerful antioxidant; helps prevent cancer.
- Chives – fabulous for digestive and eye health and is nutrient dense.
- Garlic and garlic chives – heart and intestinal health and loaded with nutrients.
- Mint – muscle relaxation!
- Tarragon – helps lower blood sugars.
- Lavender – helps sleep, lowers pain and inflammation and improves mood.
- Parsley – hormone imbalance, autoimmune diseases and fertility.
- Dill – boosts digestion, helps with insomnia, and aids in the immune system.
- Cilantro – antioxidant, anti-inflammatory and aids in digestion and weight management.
- Thyme – antimicrobial, respiratory support and cardiovascular issues.

We didn't even mention that all of the above are all fantastically delicious – use copious amounts with whatever meal, smoothie, or prep you create.

Gardening – you simply can't beat it. Get engaged today and always look for the freshest!

## Manager's Meanderings



Back in the day, when the General H. was still up, Bridgeland had a large main hall, with a member's billiards room upstairs, and an outdoor pool. I was fortunate enough to volunteer alongside some powerful and passionate Directors and was taught many lessons. One was the value and strength of a Community Association Membership.

It is a voice. Yes, the "Planning Committee" voice has been hushed since those days of being able to slow and plan properly. But... it is a voice. It is strongest when spoken together. That's the common answer to "why buy a membership".

We offer more! Our memberships are simple and very cost effective; an annual fee, Seniors are \$10, Adults are \$20, if you are a Montgomery resident, we also offer \$30 for a two-adult family. Under 18 is free under an adult's card.

Our relationship with our BIA business community group strengthens daily! Look at our recent Night Market and Chalk the Block event for the impact on us as community members.

We are updating our program to offer members 10% off or similar at 25+ Montgomery and area businesses.

We invite you to a new series of "Members and Guests" events, like our August 16 MCA Great Big Picnic. Lawn chairs and live music, and the opportunity that a community wide association event creates for spontaneous interaction of the families of MCA Members.

Getting back to what I learned at the BRCA, members become neighbours, become volunteers, become project or event leaders, who become Directors. It all begins with membership. Your input, ideas, and experience are welcome and appreciated here at the MCA. Please do join our shared voice: <https://mcapeople.getcommunal.com/memberships>.

*Spike*



## Children's Cottage Society Donation Box

The Children's Cottage Society uses 23,900 diapers every year! And 71,700 baby wipes annually! If you feel like helping out, they make it easy to drop your needed and appreciated gift off. We have a donation box in the front lobby of the MCA Centre that is taken when it is full. Thank you!

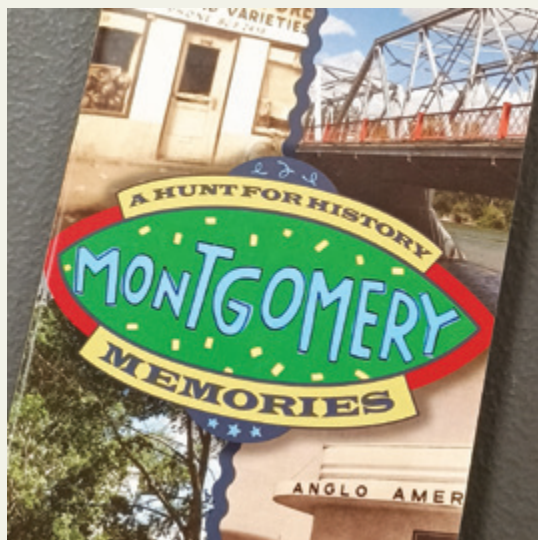


## Seminar Leaders! Business Leaders!

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.



## Montgomery Memories Part Seven – Commerce



The face of commerce has changed in Montgomery over the past 50 years with the disappearance of many of the small-town establishments and the subsequent replacement by larger city businesses and chains. Most of the businesses were staffed and owned by Montgomery residents.

Originally, the town activity was centred around the “The Stores”, a strip mall on Bowness Road between 45 and 46 Streets built in the early 1950s. Prior to the advent of the chain supermarkets in every community, a small but well-stocked grocery store played an integral part of a small town. The Planidin brothers supplied Montgomery with such a grocery store and also operated Planidin’s Furniture Store and a Hardware Store, where residents could find just about everything from plumbing and electrical supplies to fishing and firearms stock. Although illegal, the Planidins kept their stores open on Sundays!

At various times the mall has also contained a Royal Bank, a clothing store, the New Way convenience store (which everyone called Nancy’s), the Golden West restaurant, Cecil’s drugstore, Nick’s barbershop, a laundromat, a gift/clothing store, a hairdresser, and a chiropractor.

On the opposite side of the street, next to the Mohawk Service Station was Pete’s Barber Shop where he clipped



thousands of locks of hair in the same location. Steve Omilusik (Steve the Shoemaker) was known for his creative and cheap shoe innovations. For example, when fixing work boots, Steve would create new heels and soles from an old tire. Apparently, these would last about ten years!

In 1958, Safeway opened a store at the corner of Home Road between Bowness Road and 16 Avenue. Several service stations were located in Montgomery, including a Purity 99 owned by Eldon Hoffman who drove one of the first tow trucks in Montgomery. A convenience store on 16 Avenue (Wyldman’s Store), was owned by one of the mayors of Montgomery. Mayor LeBaron and his family owned and operated a lumberyard that produced many of the town’s homes.

A bakery occupied a place in the strip mall by the Safeway. In 1966 Nick Zahara (Nick the Barber) opened Foothills Barbershop at 4618 Bowness Road and operated there until 1995. In the 1970s, Dairy Queen, still serving ice cream in the same location, opened an outlet across from Safeway.

Ellen Terstappen operated the Speedskate Cellar in Montgomery. Allan’s Flowers, owned and operated by Pat and Gary Cull, has been in operation in Montgomery since 1975. The store has survived two different car crashes through the window! Alnashir and Nasim opened Nasim’s Restaurant on 16 Avenue in 2004. They owned and operated a restaurant in Kenya before moving to Canada. Their living quarters were above the restaurant. That was common in years past, when many business owners lived next to, or above their establishments.

## Chalk the Block Contest

by Rebecca O'Brien

Samyuktha was the winner of the Elementary Level and the Peoples' Choice Award at the Chalk the Block contest on June 28!

Montgomery's first street festival brought crowds, artists, community, and a completely unique arts festival to Calgary (the first chalk art festival in Canada!). The festival provided the biggest spotlight on Montgomery's business area to date, with lots of great coverage.

There was creativity, so much creativity, (and fun artistic competition) at all ages and levels in the business area. Even a week later, the Canada Day/Life on the Bow-themed chalk art looked amazing. We hope you had a chance to see it.



Samyuktha Venkatesh and her mom.

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## Reasons for Obtaining an MCA Membership!

### MCA Membership

We are a not-for-profit organization. Simply put, we would not exist without your support.

Your membership directly enables community programming and events, like our Night Market, the MCA Festive Market, monthly Seniors Brunches, Healthy Living workshops, and many more seniors, infant, and intergenerational learning moments.

Our programs and events include karate, low-impact stretching sessions, rhythmic gymnastics, drop-in pickleball, Brazilian Jiu Jitsu, in-line skating lessons, soccer for Smurfs, live music events...

And 10% savings with a fast-growing list of local and nearby businesses!

It is collaboration at its simplest form. It is neighbours helping neighbours. And it is all based on your involvement, and it starts with your membership. Thank you!

Scan the QR code to go directly to the member sign up page!





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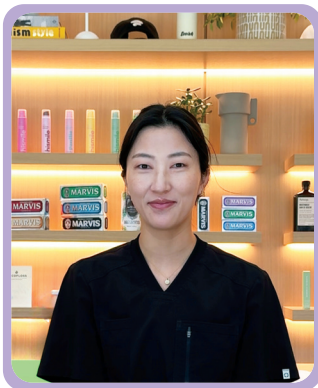
# Meet Dr. Jade Park.

Now booking appointments with our newest U/D Dentist.

Dr. Park has been bringing an upbeat, warm energy to the Swish team since spring 2025. This girl knows Alberta through and through, having been born in Red Deer, AB and spending much of her childhood between Edmonton and Calgary. Craving a change of scenery, she made the move to Winnipeg to pursue a Doctor of Dental Medicine degree at the University of Manitoba. Upon graduating, she relocated back to Calgary, where she calls Swish U/D home.

Dr. Park is extremely passionate about creating a welcoming and comforting dental experience for every patient who walks through our doors. For her, education is key. She takes the time to walk patients through every step of their oral health journey, with the hope that each patient becomes as enthusiastic about their care as our team is.

Outside of the clinic, you can find her exploring the city or outdoors with her friends and family. From hiking new mountain trails, to giving cross-country skiing her best shot in the winter, she's always ready to take on a new challenge or try a new restaurant. Next time you're in, make sure to share your favourite hiking trail or restaurant with her.



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Dr. Park today!



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## News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.



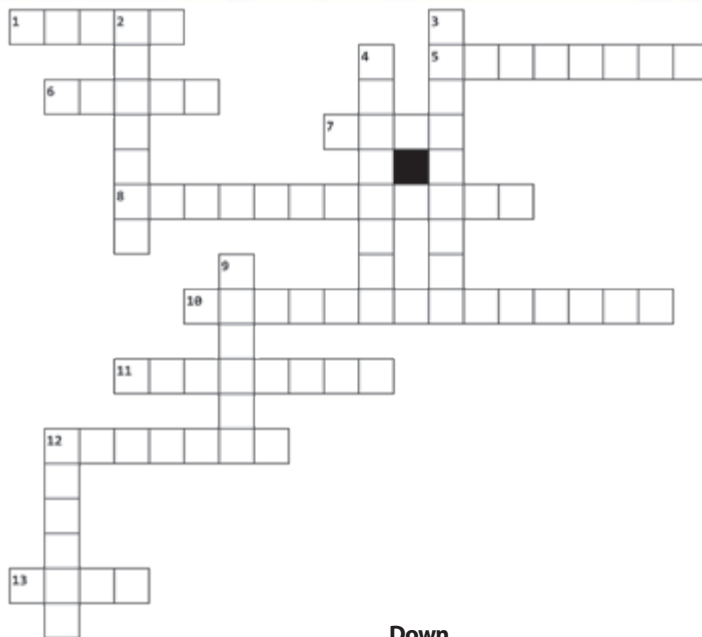
### Very Social Seniors!

Great cover shot, eh? We asked Roger at One World Drumming to facilitate a djembe-based drum circle right after our June 28 Seniors' Potluck Brunch. It was a fun start to a great day of chalk drawing and a Night Market.

#### August 16

On August 16, 11:00 am, MCA Seniors Membership holders get "fed first and free" at our MCA Great Big Picnic. It can still technically be called a potluck, as a "picnic" really is the definitive "potluck", yes? (lol). Bring lawn chairs, we are setting up some shade spots.

# August Crossword



## Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris \_\_\_\_\_, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank \_\_\_\_\_.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, \_\_\_\_\_.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and \_\_\_\_\_.
12. The \_\_\_\_\_ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International \_\_\_\_\_ Handers Day is observed annually on August 13.

## Down

2. In August 2008, the \_\_\_\_\_ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the \_\_\_\_\_ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac \_\_\_\_\_ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



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answers or scan the QR  
code for the answers



# Music! Food! Fun!

**SATURDAY,  
AUGUST 16,  
NOON TO 9:00 PM**

## The MCA GREAT BIG PICNIC!



It's the MCA Great Big Picnic on Saturday, August 16. We're celebrating the 61st birthday of the Montgomery Community Association. Bring lawn chairs for the adults, blankets for the kids. There is food on site thanks to the Lion's Club. They're serving up hot dogs, burgers, smokies, pop, and chips. But you're also welcome to bring a picnic basket if you wish. Live music from noon to nine on the ATCO stage. A community event for all ages! It's like a picnic with music. But it's a great big picnic in the MCA south facing outdoor field! Entrance by the Shouldice Arena.

It's a family affair!

## Reflections!

by Denise Brown



Is trouble brewing in Montgomery? Are there emerging parking issues?

When I moved to Calgary 25 years ago, it was a very low-density city. Residents were accustomed to the single-

family dwelling with a yard, on a full-sized city lot, and at least two street parking spots in front. Most households had a single car. Montgomery was no exception.

Now, our parking culture must adapt. We used to have room on the street for our car, a friend's car, and even an extra car of our own, without impinging on our neighbours' parking needs.

But a spatial revolution is happening on our streets. The arithmetic is simple. There is now only one car-length in front of a new home; at best. We need to be conscious of growing pressures on street parking. Many neighbours with double garages devote the space to storage, not

parking vehicles, thus putting unnecessary pressure on on-street parking. Recent by-law changes mean that new medium-density dwellings will increase on-street parking demands.

This begs the question: "Where are my visitors and yours supposed to park if all public parking availability is usurped by residents?"

Please consider your neighbours' parking requirements if you are using on-street parking for your household vehicles. Please consider using your double garage for your vehicles, not storage, and free up public parking spots needed for visitors. If a chronic situation develops due to someone parking in front of your house: please consider a friendly and kind reminder note placed on the windshield. If you own more cars that can be accommodated on site: please consider reducing your dependence on vehicles.

Let's adapt our habits, cultures, and expectations to keep our neighbourhood friendly, open, welcoming, and fair. And remember: Montgomery is a highly walkable, scenic community, very well-served by public transit. See you on the streets!

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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](http://www.communitymediation.ca), 403-269-2707.

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## WADDLING TO VOTE

Where do penguins go to vote?

The South Poll





## What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check [calgary.ca/foodscraps](http://calgary.ca/foodscraps) for more tips to make your green bin a winner!



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