

FEBRUARY 2025

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



**KIDS HAVING FUN IN THE CARYA
KIDS PLAY ZONE AT MCA'S 60TH
ANNIVERSARY!**



MCA
MONTGOMERY
COMMUNITY ASSOCIATION



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SCAN ME

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LEADERS IN COMMUNITY FOCUSED MARKETING

**BRAIN
GAMES**

SUDOKU

	1				6		
		3					4
4		5		1	9		
	5				6	3	1
	3		1	2	7		
8		1	3				7
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SCAN THE QR CODE
FOR THE SOLUTION



OFFICIAL



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- Plumbing Services
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- Drain Cleaning
- Boiler Install & Repair
- Electrical

\$50

Service Call Fee



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info@officialplumbingheating.ca

official-plumbing-heating.ca



- Now Accepting New Patients
- Family Dentistry
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"Your Neighbourhood Dental Clinic"

Privately Owned and Operated

Experience a dental care environment that prioritizes both your health and your happiness.

📍 #110 - 4525 Monterey Ave NW

BOOK NOW

www.montgomerydental.ca | 📞 403-452-5115

Executive

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

Staff

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

Directors

Directors	Jay Bedford Shane Coor
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 pol5637@calgarypolice.ca
Neighbourhood Partnership Coordinator/City of Calgary	Brenda Annala

Elected Representatives

City Councillor	Terry Wong 403-268-2430
MLA Calgary Bow	Demitrios 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

Jay Bedford: jaybedford@gmail.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

🌐 www.mcapeople.com

📷 @MCA_People

📘 MontgomeryCA

Coming Up!

MCA Seniors Potluck Brunch

Monthly Socials. Saturdays from 11:00 am to 3:00 pm.

- March 1, March 29, April 26, May 24

Meet Your MCA Board of Directors

- February 18 - Regular Board Meeting
- February 28 - Annual General Meeting
- March 18 - Regular Board Meeting

Big Band Dance

Saturday, March 22 at 7:00 pm. Mocktails. Finger food.

Dance lessons at 7:00 pm. Dance to the Big Band from 8:30 to 11:00 pm. Tickets are \$49 each!

AHS Healthy Living Seminars

Living Well with Stress – Wednesday, February 19, 9:30 am to Noon.

Understanding the Experience of Grief – Sunday, February 23, 2:00 to 4:00 pm.

Try a Little Self-Kindness – Wednesday, March 19, 9:30 am to Noon.

Recurring Programs and Events

Pickleball Drop-In: Every Monday, Wednesday, Friday from 9:30 am to 12:30 pm.

Parent-Child Mother Goose: Ages 0 to 18 months. Registration required. Tuesdays, 9:30 to 10:30 am.

Drop-In Baby Playtime: Ages 0 to 18 months. Tuesdays, 10:30 to 11:30 am. Drop-in. No registration required.

Karate: Every Monday and Thursday at 6:30 pm.

Rhythmic Gymnastics: Ages 3 to 15. Monday and Tuesday evening. Thursday afternoon and evening.

Learn In-Line Skating: Two classes – ages 6 to 8 and 9 to 12. Every Wednesday evening.





Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca



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SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



RENT OUR SPACE FOR YOUR EVENT OR MEETING!



CORPORATE EVENTS
WEDDINGS
CELEBRATIONS
LUNCHEONS
PARTIES
CEREMONIES
GROUP RETREATS
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FEATURES & AMENITIES:
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**TO BOOK, CALL OR EMAIL AT:
FOOTHILLSUNITED@TELUS.NET
403-288-5632**

**FOOTHILLS UNITED CHURCH
3803 - 69 ST. NW**

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



Outlash Beauty Boutique
Razor's Edge Hair Salon
Rising Tides Taproom
Sharetea Bowness
Travel Gurus, My Travel Shop.ca
Vitamin Boba
The UPS Store 466
Wine Kitz

Manager's Meanderings

I am writing this six months after accepting the MCA centre manager's chair. Gotta tell ya, it is a rather amazing place to sit.

I've now interacted with 26 weekends of single use renters for our main hall. Loud and colourful ethnic feasts and dances. Faith groups of various beliefs with multiple messages to share. Weddings. Overnight Yoga. Family Dinners. Farewell parties. Reunions. Art shows. Sober dances. Birthdays. Some with bouncy castles. Classes. Workshops. Celebrations of Life.

In addition to being rented along with our main hall, our AHS approved kitchen is now being used for standalone event catering, social programs involving meal sharing, and creating some delish hot sauces that are now staples in my own southern Mexico culinary leaning pantry.

Our newly updated boardroom has been utilized for "get away from the office" interviews, group chat meetings, recovery mentoring, coach's workshops, N/A meetings, small AGMs, counselling sessions, wilderness survival classes, consumer tastings, and a series of Healthy Living sessions from AHS health gurus.

We are honoured to be the host facility for a group of anchor tenants who are all committed to the continued success and growth of our community's facility. My role here has a very loose time structure, so I have been able to interact with the positive attitudes of the coaches and mentors often. Shotokan Karate. Rhythmic Gymnastics. Drop-in Pickleball. Soccer Camps and weekly Sunday morning drop-ins for littles. In-line Skating. Mother Goose time. Boxing. Infant Massage. Seniors Movement. Drop-in Playtime.

We've had fun putting forward a few MCA hosted events the last half year, too. Our own 60th Birthday Party, Santa Jam, Festive Market, Karaoke nights, live music events, and a monthly series of Social Seniors Club Potluck Brunches.

We accomplished all this while we looked across our inaccessible from the pipe break parking lot. What a year! I am very, very eager to see what adventures the MCA Centre, and the wide array of people who use it, will take us on in 2025.

If you or someone you know is looking to utilize our very special space near the river this year, please do reach out and say hello.

Spike

manager@mcapeople.com



Valentines

by Les Robertson

Here's to the ones that are never far apart.

Here's to the ones that always show their heart.

Here's to the ones that go the extra mile.

Here's to the ones that that know how to make you smile.

Here's to the ones that are special and kind.

For those are the ones that are the rare kind.

This is my message, and this is what I say.

That you deserve a special Valentine's Day!





**MONTGOMERY COMMUNITY
ASSOCIATION
AGM
ANNUAL GENERAL MEETING
2025**

FRIDAY, FEBRUARY 28, 7:00PM

We would REALLY like to see YOU! We have gone through some changes in the last year: some stressful, a few tumultuous, and some that simply scream positivity! Our Board of Directors wants to show you how their Volunteer effort and passion for our Community is once again moving Montgomery up the ladder in the eyes of our programming partners, anchor tenants, City departments and the offices of the cooperative we belong to. Please join us as we review the successes and lessons of last year and share what our priorities are for 2025. Come and join MCA as a Volunteer!

MORE INFO: 403-247-3116 MANAGER@MCAPEOPLE.COM

Photo Gallery

by Khoa Nguyen



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

403-247-3116

*UP TO 12 SESSIONS A MONTH

manager@mcapopple.com

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!



Swish ORAL CARE

It's officially official.

Swish has arrived in the University District! Now accepting new patients.



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, and we opened this winter 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 us at the brand-new University District location, now open!

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

- “ I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish.” - *PW*
- “ Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health.” - *LC*
- “ My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?” - *YT*
- “ The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit.”

The wait is over. Welcome to the Swish Experience.

Swish University District is now open!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

Enjoy a suite of amenities like warm blankets and aromatherapy, treat yourself to local goods from Village Ice Cream or Monogram, and relax in a space so stunning, you might just forget you're at the dentist. The best part? It's all delivered with judgement-free, patient-centred care.

Say goodbye to dental anxiety and say hello to Swish.

Visit swishoralcare.ca to reserve your spot.

We can't wait to see you in U/D.

Take care,

Team Swish

The 411 on Swish U/D

Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email UD@swishoralcare.ca.

Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



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.



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*

Now open and accepting new patients.
Scan to book your Swish Experience.

Swish Oral Care
3928 University Ave NW
Calgary, AB T3B 6N7
825-540-7183

Find us online:



[swishoralcare.ca](https://www.swishoralcare.ca)

ud@swishoralcare.ca



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

From Denise Brown

Sadness, Gratitude, Satisfaction: Open Letter to Montgomery Community December 31, 2024

To the Board of the Montgomery Community Association, and community members:

It is with sadness, gratitude, and satisfaction that I am stepping down from the Board of the Montgomery Community Association after having served as a Director on two separate occasions. It has been a privilege to serve my community in this way. I encourage everyone to consider participating.

Why sadness? I will miss working with a diverse team on projects that keep Montgomery vibrant and safe! The Board represents all interest groups and demographics in our changing community. It addresses community concerns both internally as well as vis-à-vis the City. For me, it is gratifying to have my finger on the pulse and be engaged in designing the future of Montgomery. So, I am sad to step down.

Why gratitude? The Board is made up of volunteers, most of whom have families and work responsibilities, and are still willing to devote time to the betterment of our community. Various sub-committees under the Board are responsible for organizing events that foster community unity and identity, catering to our little kids through to our seniors. These volunteers bring energy and creativity to organizing events, researching Montgomery history, and promoting membership. I am so grateful to our Board and sub-committee members and am sorry to leave the team. There are always spots for new participants to step up, of course!

50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!



Why satisfaction? I love Montgomery because it is a friendly, walkable, safe, and neighbourly community. As a Board member, I feel satisfied and fulfilled for having been meaningfully engaged in ways that contribute to this environment. I am vested in my community. You can be too.

Please consider replacing me on the Board or as a committee member.

Respectfully,

Denise F. Brown

Montgomery community member since 2000

Editor's Note: The AGM will be held Friday, February 28 at 7:00 pm.

For further information about the Montgomery Community Association and the role of a board member, please contact our interim president Harminder Dhillon at planning@mcapeople.com. Or contact our MCA Centre manager Michael "Spike" Richards at manager@mcapeople.com. Phone 403-247-3116.



GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.





SCAN THE QR CODE FOR THE ANSWERS!

From the Treasurer's Desk

Hello Montgomery!

I served as Treasurer on the Board of Directors from 2008 to 2021. I returned to the Board in 2024 as a Director and am currently the interim Treasurer.

I'd like to step back to a Director position.

If you have an interest in sitting on the Executive, I invite you to join our team as Treasurer! A background in not-for-profit finance is an asset, however not necessary. You will be working directly alongside MCA's bookkeeper. And our Board is available to you as a "finance committee" resource.

Sitting on the Board has been a rewarding and sometimes challenging experience.

Join the Board, get involved, and help your community grow!

Our next monthly Board meeting is scheduled for Tuesday, February 18, 2025, at 7:30 pm. We will host our Annual General Meeting on Friday, February 28, 2025, at 7:00 pm.

Both functions will be held at the Montgomery Community Centre at the corner of 16 Ave NW and Home Road, across from Tim Hortons.

I look forward to meeting you!

George McMullen

Interim Treasurer



Joke of the Month



Why aren't dogs good dancers?

They have two left feet.

CARYA

ELDER FRIENDLY COMMUNITIES INVITES YOU TO

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.

RETURNING JANUARY 9TH @ THE MCA

 5003 16 AVE NW

 THURSDAYS

 9:30 TO 10:30 AM

CARYA



Family Programs at the MCA!

Drop-In Programs:



Drop-In Baby Playtime

A place for parents with little ones 0-18 months to come together and connect. Soft blocks, baby walkers, toys and refreshment provided.

Tuesdays, 10:30-11:30am

January 14- March 18

Registered Programs:

Register by emailing fic@caryacalgary.ca

Infant Massage & Songs

Over 3 weeks, learn massage techniques and how they benefit your baby! For babies from 3 weeks to 6 months.

Tuesdays, 9:30-10:30am

Jan 14, Jan 21, Jan 28



Baby Parent-Child Mother Goose

Strengthen the bond between you and your little one and learn songs, rhymes and stories! For babies 0-12 months old.

Tuesdays, 9:30-10:30am

Feb 4- March 18

For more information email fic@caryacalgary.ca

Bookmarking for Better Security

Online threats and scams are increasingly sophisticated. Our personal and professional information has never been more at risk. One way to bolster online security is through the use of browser bookmarks or favourites. This simple practice offers several advantages over relying on search engine results, manual typing, and potentially unsafe links in messages.

Mitigating Phishing Risks: Phishing attacks are a common method used by cybercriminals to deceive individuals into revealing sensitive information. These attacks often involve fraudulent emails or messages that contain links to fake websites mimicking legitimate ones. By bookmarking the real websites of the services you use, you reduce the risk of falling victim to such scams. Bookmarked links are verified and trusted, whereas links from search results or unsolicited messages can lead to malicious sites designed to steal your credentials.

Typosquatting is a technique where attackers create domains that are intentionally similar to legitimate ones, with minor typographical errors, (like arnazon - that's not an 'm'). Unsuspecting users who mistype a URL or click on a dubious search result may end up on a typosquatting site that looks very close to the real one. By using legit bookmarks, you bypass this risk, ensuring that you always access the genuine website.

Reducing Exposure to Malware: Search engine results and spam messages can sometimes include links to websites that are infected with malware, leading to the download of harmful software, potentially compromising your system's security. Bookmarks, on the other hand, provide a direct path to trusted sites, minimizing the risk of encountering malware-laden pages.

Enhancing Convenience and Efficiency: Aside from security benefits, bookmarks also enhance convenience and efficiency. Instead of having to remember or search for URLs each time you need to access a site, you can simply click on your bookmarked link. You would typically only do this for sites you visit often. This not only saves time but also reduces the likelihood of accidentally visiting an unsafe or irrelevant site.

Preventing Redirects to Malicious Sites: Cybercriminals sometimes use malicious redirects to lead users to harmful websites. These redirects can occur through compromised search engine results or deceptive advertisements. This is a very common risk these days. By relying on bookmarks, you minimize the chances of being redirected to malicious sites.

Karl Plesz

Your Productivity Guru

February Snow

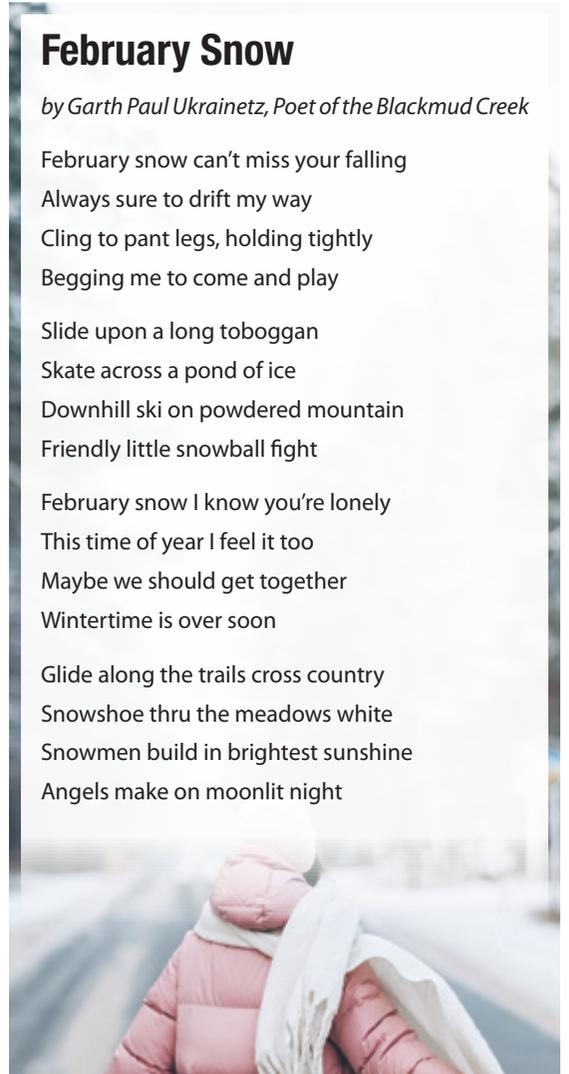
by Garth Paul Ukrainetz, Poet of the Blackmud Creek

February snow can't miss your falling
Always sure to drift my way
Cling to pant legs, holding tightly
Begging me to come and play

Slide upon a long toboggan
Skate across a pond of ice
Downhill ski on powdered mountain
Friendly little snowball fight

February snow I know you're lonely
This time of year I feel it too
Maybe we should get together
Wintertime is over soon

Glide along the trails cross country
Snowshoe thru the meadows white
Snowmen build in brightest sunshine
Angels make on moonlit night



2025 Room Rentals at The MCA Centre

We are filling our booking calendar very fast for 2025 weekend dates. If you are thinking of renting space with us, please reach out to Spike at manager@mcapeople.com right away! Our Main Hall holds 240, we have a Boardroom with full A/V for 25 people, a commercial level AHS approved kitchen, and a rather large south facing back yard. We would love to work with you on your special event day!



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.



The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.

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!

The Montgomery area was initially settled by O.A. Critchley, a British rancher. He purchased the land in the 1880s for \$3 an acre. He later became one of the founding members of the Ranchmen's Club in Calgary.

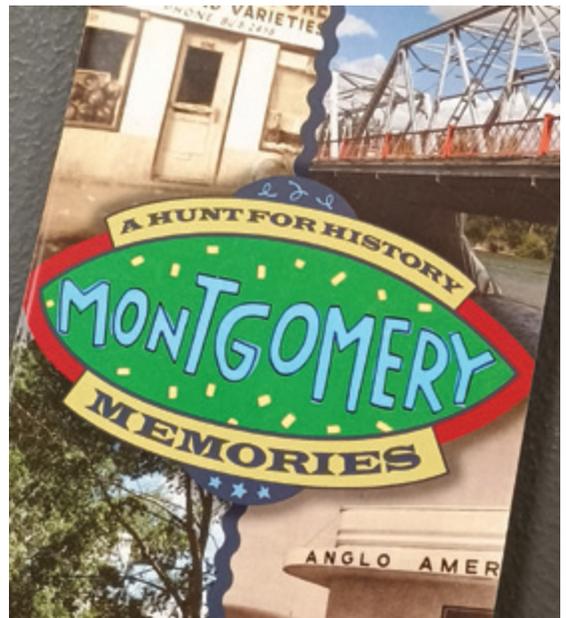
In 1906, James Shouldice purchased Critchley's 480-acre ranch, located six miles west of Calgary. He had moved from Ontario with his wife and nine children a few years earlier to ranch in Alberta. In 1910, James Shouldice donated 100 acres along the Bow River to The City of Calgary for park space (Shouldice Park). Gradually, the community grew and came to be known as Shouldice Terrace.

The Shouldice family initially lived in a wooden ranch house along the riverbank but soon built a stately red brick house on top of the hill. The Shouldice Home was a 25-room mansion, resplendent with a gleaming spiral staircase and oak trim, and panoramic views of the valley. Along with their Calgary and Montgomery residences, the family continued to ranch on a large farm east of Calgary - now the town of Shouldice. James was one of the first Albertans to breed Hereford Cattle and was well known as an agricultural pioneer.

In 1937 the Shouldice Home was converted to the Calgary Crematorium. Due to a lack of trees, the Crematorium was easily visible to all the surrounding homes. Residents remember smoke occasionally billowing from the house on top of the hill, and there are many stories about its spooky qualities. One resident recalls hiding in the hedges that surrounded the building to watch as coffins were unloaded from hearses by dark-clothed assistants. Despite its landmark qualities and interesting stories, the Shouldice Home/Calgary Crematorium was demolished in 1974 because of worries over slope destabilization.

For many years this community existed as Shouldice Terrace. In 1943, some problems developed with the post office over the name, and its similarity to the town of Shouldice. After a request for a name change, the Shouldice family chose Montgomery, named after Bernard Law Montgomery of Alamein, a celebrated military leader from Great Britain who played an important role in WWI and WWII.

Excerpt from the booklet - A Hunt for History, Montgomery Memories. Copies of the booklet are available in the lobby of the Montgomery Community Centre.



Language & Culture Club
For Residents in Bowness, Greenwood Village, and Montgomery

Meet once a month on Mondays
1 pm - 2 pm
February 10, March 10, April 14,
May 12, & June 9
Bowness Community Association (7904 43 Ave NW)
The Landing (Upstairs)

- To meet new friends in the community
- To share a language or learn another language
- To share your culture and learn about other cultures
- Talk about a different topic each time
- Snacks will be provided

For more info, call Clara Yuen @
(403)370-7352.

COMMUNITY HUBS INITIATIVE ROTARY THE CITY OF CALGARY UNITED WAY



In the Mood
BIG BAND Dance

March 22, 2025

Montgomery Community Hall

5003 16 Ave NW

7pm - 11pm

18 piece orchestra

Mocktails/ Finger food

Dance lessons 7pm - 8:30

8:30 - 10:30 Orchestra

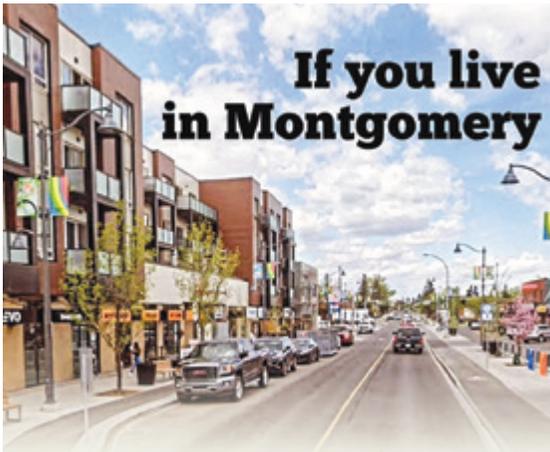


Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)

Happiness, well-being, good spirit.

***We are all trying to experience
Eudaemonia.***



If you live in Montgomery

Facebook

MontgomeryCA

Instagram

mca_people

Threads

mca_people

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.

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