

JUNE 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, June 28

- 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
Secretary	Crystal Read

Directors

Holly McBride	D'Arcy Williams
Elizabeth Laishley	Ken Adams
Donna Adams	Jason Sokolosky
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	Dimitrios 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

COMING UP!

MCA Seniors Potluck Brunch

Our monthly gathering for 60+. Bring your neighbours!

Saturday, June 28, July 26, and August 23.

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

Meet Your MCA Board of Directors

Monthly board meeting, June 24. 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.

June 19 and 26. July 17 and 24.

August 7, 14, 28. Drop in. No charge!

Cover Photo

The Little Kickers Summer Program is underway Sunday mornings on the field next to the Shouldice Pool. They'll be back inside the Montgomery Community Centre in September. For further information phone the MCA at 403-247-3116 or email manager@mcapeople.com.

A new study has found that open-skill sports like soccer and basketball, which teach you to think quickly, are better for children's brain growth than closed-skill, repetitive sports like running or golf.





President's Message

Wow! June already! When you're having an absolutely great time with the MCA, time doesn't matter! It's all at an amazing time of year. Allow me to bring you up to speed with some fantastic events we have 'coming soon'.

Every month we have a seniors potluck brunch, and some entertainment when we can. Join us on the 28th for a tropic-themed brunch. Given that our seniors are the coolest in the mix, we're continuing with international sunglasses day and being tropical, June temperatures are bound to be hot! Mingle with some new friends, have a wonderful feast, and enjoy the incredible company. You're 'qualified' at 55 years young to be here. This event is always huge!

Feeling lucky? Want to help spread the love and luck? We're hosting our casino this year on July 16 and 17 at the Elbow Valley grounds, south side of the Stampede Grounds. Volunteers are needed for this auspicious event which helps generate up to 70% of our funding to help manage and maintain the building. An incredible building leads to incredible programs and services our community utilizes to the max. These funds are critical allowing us new lighting, paint, carpet, eventually a roof – you get the idea! And if you agree to be a cashier, chip runner, manager, count room pro, great food is included in your efforts. If you want a spin at the table, your luck there is always greatly appreciated. Start early on the adults-only fun at 11:00 am or be that lucky night-owl staying with us until 3:00 am. Your winnings await!

Finally, mark your calendars for a fabulous August 16. Why? Music, family, food. Need I say more? We're lining up musicians on two stages, bringing in delicious food and hosting what will be an incredible music festival with all the fix-ins. Come relax, enjoy some wonderful vibes, have a bite and mingle with people of the community and beyond. Did I mention this is a free music event? Being outdoors, nothing could be better this August – stay tuned (pun fully intended)! See you next issue!

Shane Corriveau

MCA President



**University Heights
Preschool**



**Located in the community of Montgomery,
we feature small class sizes in a caring
and nurturing environment.**

Preschool Finds New Home!

The University Heights Preschool is moving to the Montgomery Community Centre this September.

We're thrilled to announce that our preschool is moving to a brand-new location right inside our vibrant Montgomery Community Centre. This move is not just about new walls; it's about connecting our families and children even more deeply with our community.

Our little explorers are getting a whole new playground!

We can't wait to see the connections and memories we'll build together!

Stay tuned for updates, sneak peeks of our new space, and details on how you can be part of this exciting journey!

For more information, visit the University Heights Preschool website at calgarypreschool.com.

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Community Garden



According to wordhistory.net: "The phrase green thumb denotes considerable talent or ability to grow plants. Synonym green fingers."

Admittedly, at our garden, we don't have enough green thumbs, or fingers for that matter! That's not a face-plant – not at all! We welcome all experience, even if it's just sprouting. We love bringing in young buds – in fact, this past month saw our youngest member at four years old learning about gardening. This is what true growth is all about.

If you don't know where the garden is, it's near the top of the hill up 48 Street. Along with the brilliant sunshine, don't be surprised if you see many worker 'bees', especially out on Saturdays to grow all we do. The month of June typically sees some zucchini coming into the mix and raspberries are out in full force. Strawberries are delightful as they're maturing too. Children especially love to explore what mother nature creates for us, abundantly and bountifully. What's most amazing of course is the green that smooths over what we take for granted – the dirt!

Composting has been around for 1,000s of years – perhaps even back 12,000 years ago. If you don't already compost, well, set aside your organics, ranging from yard trimmings, and shredded paper to eggshells, food scraps, and even coffee grounds! Who doesn't like java, right? Mother nature again shares much more in common with us all than we may think.

Composting isn't too hard – in fact, it's actually quite easy. With a little knowledge, you can maintain a compost pile with minimal effort. In today's tech-filled world, simply search up some key terms. You'll be saving much more than landfill space – you'll be giving back to nature.



Photo credit: Tammy McDonald

Finally, composting has various purposes. Did you know you can heat greenhouses via composting, it's used in building and replenishing soil for drought-stricken areas, and many creatures thrive in compost piles. Gardens thrive with the worms, insects, and even birds that use it for nesting.

Dirt isn't dirty. It's life. We always encourage you to develop your green thumb every chance you get. It's one of nature's most fabulous hobbies and lifestyles. Gardening rejuvenates – we all start off playing in the dirt as children after all! Happy growing!

Manager's Meanderings



Mom's Day was a blast, I took my 90-year-old on a road trip south to Millarville for the Spring Market for some blackberry wine, subtly different honeys, and fresh veg. Lunch after at a place I used to drop in to when I rode more than drove, the quesadillas were still the best.

Dad's Day is different for me. I lost my pops in '99, a rare disease took him far too soon. I miss him at the most random of times, but Father's Day hits hard. Like it probably does for a lot of *Messenger* readers who have also already said farewell to their fathers.

Mine was a regular mentor and occasional tormentor, as all decent dads are. He pitched Major Men's in Vancouver, it must have killed him inside to watch me strike out those hundreds of times, and yet he still believed in me. Teaching me to skate, use a stick, control a puck, and getting kicked out of games for yelling at the ref on my behalf. Me teaching him to downhill ski, we had a cabin at Panorama before there were condos or chairlifts. Yes, those three-hour blinding blizzard Friday and Sunday night drives in his Buick were my 15-year old's driving instruction school. He was an early director at Redwood Meadows; we used to go out and

clear trees from the roughs so the paid crews could focus on creating the greens. He built confidence and awareness in me through so many life opportunities to meet and network with people I have had in my life for decades.

I came home from thumbing around the Med and Middle East to find he had somehow picked up one of the four Apple dealerships in Alberta in 1983. Months before the Mac was first released, for perspective. I was lost, I had dropped out of my civil engineering program, but there he was, with the most amazing of opportunities waiting for me. I traded my beat up Canadian flagged backpack for a briefcase, and entrenched myself in a young industry notorious for products going obsolete before their manuals were printed. It would blossom into a couple decades of more travel, importing containers of hard drives and coprocessor chips, setting up offices in San Diego and Brisbane, and eventually leading into a career designing and implementing large project fibre optic and copper networks. I loved working with the man. Grade 9 educated, a salesman's salesman, he taught me about questioning deeply, pausing, and listening for the answers, customer service, transparency, empathy, and personal ethics.

I will say hello and goodbye again this June 15, an annual pilgrimage to where we placed his ashes. Yes, I miss him ... a lot. All I can ask of you, the reader, is that if your father is still with us, do reach out, hear his voice, his passions, share time and space. He will be gone one day, and it is far better to look back at memories and life changing moments shared, than just thought about "maybe one day" doing. And don't wait for next year's Father's Day for a card manufacturer to remind you to reach out. Any day is Father's Day... Call your dad...

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!

Montgomery Memories Part Five



Montgomery is located at the bottom of the present-day flood plain of the Bow River. From its beginnings as a settlement for First Nations People, then later ranch land, to the neighbourhood it is today, Montgomery has seen many physical changes. However, the surrounding environment has always played a large role in residents' lives!

Bowmont Natural Environment Park was known as the "Cliffs". This was a wonderful environment for exploration, with a wild river, dangerous cliffs, and some fantastic wildlife. Wildlife sightings, including deer, bear, moose, lynx, coyotes, and cougars, were more common prior to changes in the landscape, such as the removal of trees and bushes and the tops of the slope. Children were often forbidden from playing along the Cliffs due to concerns for safety, but despite (or because of) this precaution many children spent a lot of time there - unknown to their parents!

Ron Kerns remembers that many species of birds inhabited the woods near Bowmont Natural Environment Park. Great horned owls frequented particular trees. Red-tailed hawks were even more common, nesting in the highest trees on the prairie

hills. Many species of fish (suckers, mountain whitefish, and species of trout such as rainbow, brown, brook, bull, and even lake trout) were caught in the system before the dams were constructed.

Before the Bearspaw Dam was constructed to maintain the flow of the Bow River at a consistent level, flooding in both the Bowness and Montgomery areas was a yearly concern. Nellie Marschand pointed out that when it rained, it was so muddy, sticky, and gooey it was impossible to stand up straight while attempting to walk in it. Before the roads were paved the community was fondly known as 'Mudgometry'. The clay base of the roads caused children to become stuck in the mud after a heavy rain. They often needed to be pulled free by a caring adult passing by!

Before Montgomery was fully developed, snowstorms were a threat to lives because it was easy for people to become lost. The Pauls remember one wicked hailstorm that left dead seagulls scattered around. A storm with golf-ball sized hail broke the kitchen windows and forced the Barr family to hide under their kitchen table. Many community members recall the 1981 hailstorm that damaged roofs and vehicles and destroyed gardens.

The top of the hill is an excellent viewpoint to watch the weather come in from the west! Marg E. Brown remembers that during the big thunderstorms she would drive her car up to the Shouldice Home and watch the storm move across the valley from the hilltop. Only one of her children would be allowed to join her each time, so that whoever made it to the car first would be the lucky storm watcher for the evening.

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



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.

May the Fourth Be With You!

Early May, we had a new addition to our hard-working volunteer force tending and cajoling and coaxing our MCA Community Garden to bloom and produce green gifts. It looks a little like R2-D2 on a crash diet but has a more focused function than ensuring universal peace for all.

Let us introduce you to Monty. It is about 3 m tall and consists of a hail sensor and an all-in-one weather station that measures temperature, humidity, pressure, wind speed/direction, and rainfall. Monty is fully autonomous (i.e., solar powered), and its important data is shared over a cellular network.

The Northern Hail Project, which is part of the Canadian Severe Storms Laboratory out of Western University (<https://uwo.ca/nhp/>), was deployed in 2023 with 18 stations and continues to grow (20 now!). This network forms part of an initiative to understand the incidence of hail in Calgary, identify vulnerable areas, and ultimately make us more resilient against the dark and evil forces of damaging hail. Monty's smart cookie grandfather is Dr. Connell Miller who is the Director of the Northern Mesonet Project.

Monty likes to chatter. Kinda dry, a one-track mind, yet rather interesting too. The data from the stations are posted every ten minutes in near real time at <https://meso.cssl.ca/>. Zoom in to Calgary to see similar stations across the city. You can click on any station and the data for user-selectable variables can be plotted. Archived data can now be downloaded. It will be upgraded to a five-minute update soon. You can read more about the network at <https://www.uwo.ca/nmp/index.html>.



If you don't want to zoom in to our community's location every time, you can zoom in to a desired field of view and then select the icon on the far top right. Clicking that will create a unique web address that you can bookmark to navigate directly to the selected view. Our station is labelled "Montgomery".

The station should help with our frost seasons. Light winds, clear skies, and dewpoints near (or below) 0°C the afternoon or evening before usually mean frost is likely.

We are excited to see what Monty will share with us! Many thanks go to Dr. Julian C. Brimelow, who is the Director of the Northern Hail Project.

Coronation Month

June is royally packed
with coronations! Queen Elizabeth II
(June 2, 1953), King George V (June 22, 1911),
and Queen Victoria (June 28, 1838) all took the
throne. Joining the June coronation club: Spain's King
Felipe VI (June 19, 2014) and Norway's King
Haakon VII (June 22, 1906) - just to name a few!



Reflections!

by Denise Brown

"You are the architect of your own destiny". This is a proverb using the term "architecture" metaphorically. But, in fact, the architecture of our chosen physical environments speaks to our goals, aspirations, priorities, and influences as well. The design of our lived spaces sends messages about us.

Montgomery is an interesting community in which to make some fun reflections about space, design, priorities and, yes, design fads! Today, we have heritage dwellings coexisting with the most recent fashions in housing. Those, due in part to their mostly monumental structure, are the most salient to our eye when, in fact, Montgomery began with the noble bungalow back in the mid-20th century when the Shouldice Ranch was subdivided into lots.

These early bungalows were individually designed and hand-crafted. They still predominate, particularly on 20, 21, and 22 Avenues. The term bungalow derives from the word Bengal, referring originally to a structure type from that part of the world. The original design features seemingly have disappeared, and the term refers now to a (usually) single-storied dwelling.

Most heritage bungalows in Montgomery are solid, and many have been beautifully maintained since their original construction, retaining their 1950s decorative features, like the porches. Look also for the original bungalows that have been renovated, upgraded, and "modernized". Note that we have three log bungalows in Montgomery that are significant character buildings in the "hood"! We even have two (or maybe more) brand new bungalows in place of the pre-existing original ones, but with the latest materials and design features. It's clear: I love the bungalows. But why?

Montgomery bungalows are apartment-sized houses with huge yards and gardens. These provide a (fast

disappearing) habitat for our birds and bees, wildlife, and overall biological diversity. We all benefit from the nature that surrounds the bungalows on our avenues. As I write, these yards are filled with trees in full blossom! This is a great moment to appreciate our arboreal diversity! Oh yes, and kids and pets (and wildlife) have ample and safe spaces to play and interact with the environment. What, we may ask, of the people who live in and love their compact living space? Inside, by necessity, the space is used efficiently and effectively, while material possessions are kept to a reasonable number. The members of the household share many spaces and interact mutually. The small size of the house translates into an environmentally friendly lifestyle. Think heating and greenhouse gases.

Consider the following: I have middle-aged friends who recently bought an apartment in the East Village. It measures 570 ft², which may be smaller than even the smallest of our bungalows. They are overjoyed with their little home and need no more space than that! I confess, it strikes me as bungalow-like living, without the benefits: the privacy and freedom in the outside garden (and a basement)! In the end, what are we saying about ourselves (and our society) when we sacrifice natural spaces to pave them with indoor living spaces that measure 2,000, 3,000 or even 4,000 ft², displacing the flora and the fauna that provide us quality of life? Such a decision reflects options, decisions, and priorities that do reveal our goals, aspirations, priorities, and diverse influences, just as buying, building, or renovating a bungalow in Montgomery would.

So, I invite you to stroll through the neighbourhood appreciating the noble bungalows and admiring the landscapes. In the end, it's fun to be involved in the spatial transformation of Montgomery as our community evolves, and as we continue to design our destinies, physically, as well as metaphysically!

Facility Tour - Kitchen and Bar

The Montgomery Community Centre boasts a fully AHS-approved kitchen facility large enough to accommodate catering for private weddings, corporate, family, and faith-group events. With an AHS permit you may rent the MCA kitchen to prepare food for resale and for events off-site from MCA.



Two coolers and an upright freezer are at the heart of our kitchen. The large cooler is ideal for stocking a bar, holding slab cakes, and large-volume food production. The upright freezer can

accommodate a large volume of bagged ice or frozen food product.

Ware washing is easy with a two-bay sprayer sink and an undercounter commercial Hobart dishwasher. The dishwashing cleaning agents are pre-loaded under-counter so there's no need to add detergents. Simply load the machine and press play!

12+ 20-amp circuits allow you to bring in your own cookers or rent our Hamilton-Beach electric roasters. Microwave ovens are also included!

The MCA kitchen is complete with a gas oven and four-burner range. It also includes a flat grill for burgers, grilled sandwiches, and pancakes! Commercial makeup air exhausts and replaces the air in the kitchen continuously.

An in-floor commercial grease trap keeps the greywater moving and prevents inconvenient backups.

There are limited utensils in-house. We recommend you bring your favourite 'tools of the trade' to make cooking at Montgomery a uniquely personal experience.

The bar service counter includes a sink and shutter window service to the Main Hall. It is located at the opposite end of the kitchen so that bar- and kitchen-traffic don't conflict.

The kitchen and bar are included with your Main Hall rental. You may rent the kitchen stand-alone for \$40 hourly.

Please reach out to the Main Office at 403-247-3116 for rental availability and with any questions you may have about the kitchen or any of MCA's other rentable spaces!

Room Rentals at The MCA Centre!

We are filling our booking calendar very fast for 2025. Especially weekend dates! If you are thinking of renting space with us, please reach out to Spike at manager@mcapeople.com.

Our Main Hall holds 300 people, or 240 for a licensed event. Receptions. Weddings. Seminars. Corporate functions. Reunions. Family gatherings. Markets. Trade shows. Concerts. The main hall is ideal for all. And it has a great audio and lighting system!

We have a Boardroom with full A/V for 20 people, a commercial level AHS approved kitchen, and a rather large south-facing backyard.

We would love to work with you on your special event!

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



Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

July 16-17!

Casino

Every two years, the Montgomery Community Association gets the chance to raise funds for the ongoing operation of our facility. This opportunity is thanks to the City of Calgary, the Federation of Calgary Communities, and the AGLC.

These funds help with not only the maintenance of our building, but also the upgrading or the replacement of equipment.

This year we have selected the Elbow River Casino as our casino of choice. And we thank them for agreeing to allow us to bring our fundraising to their facility!

But this is a major undertaking for our board of directors and staff, so we are asking the public of Montgomery to please volunteer a few hours in support of the Montgomery Community Association.

In return, you'll have our eternal gratitude, a wonderful social occasion, and some great food!

If you're available the weekend of July 16 to 17 for one or two shifts, please see all the information on the sign-up form at tinyurl.com/casino-mca or scan the QR code below!

Thank you from the crew at the Montgomery Community Centre!



Generative AI tools like ChatGPT, etc. are getting noticed by more and more people and some of these people have begun using these tools in their day-to-day lives. They're writing better emails, building dynamic presentations, analyzing spreadsheets, and much more. The question is – is AI safe to use at work?

The answer is – it depends on what you are sharing with the AI model and which model you're using. For example, when you use Microsoft's Copilot in an enterprise, you may notice something in the Copilot window that you won't see at home. At the top right of your screen, you should see a little green shield with a check mark inside. That icon lets you know that this instance of Copilot is using Enterprise Data Protection. In simple terms, that means that anything you're saying at the prompt, and anything you upload for analysis, is not being used to train the AI model. I would still caution what you share with Copilot, but the data is being anonymized before being sent to the cloud by an extra layer of protection. At home, you'll notice that this shield icon is missing. This means that anything you share with the AI in your personal interactions is possibly being used to train future versions of that model. There's a lot more to this story, but the bottom line is that you should sterilize anything personal, sensitive, or confidential before sharing it with AI tools.

The other AI tools like ChatGPT, Claude, etc., even the paid subscriptions, do not shield your personal data. The bottom line is to treat your AI tool like a friend or colleague who can't keep a secret. So, any data you share with it – make sure it has been cleansed of anything sensitive or identifiable first before uploading it or talking about it with an AI tool. I'm hopeful that all the major AI providers eventually offer a feature that can instantly insulate interactions from the model when things are going to get sensitive.

Consider finding a course on AI in your area. Be safe out there!

Karl Plesz

Your Productivity Guru

Outer Limits

Outer Limits is an all-ages live music series bringing Calgary's best emerging talent right to your neighbourhood's doorsteps, making live music accessible to communities outside of the downtown.

Presented by Music Calgary; a non-profit organization dedicated to advancing Calgary's vibrant music community.

Artists: De Bouquet, The Canadian Dispatch, Hip Hip Thursday, and Fin McDowell.

June 27 at the Montgomery Community Centre. Doors open at 6:00 pm. Show starts at 7:00 pm. Tickets are just \$5 at eventbrite.ca.

From the organizers: "Our goal is to engage more youth, give easier access to great local music to these outer reaches of our cities communities that may not come downtown as often or would like easier access to shows."

This event is supported by the Montgomery Community Association.



MCA Website

Our new website is under construction. It will be easier to navigate than our old one. Bright. Clean. Less clutter. With a menu that takes you where you want to go! We will promote it right here as soon as it's available to launch. We're looking forward to it. And we hope you are too!

**Our new website
is under construction!**



GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.

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LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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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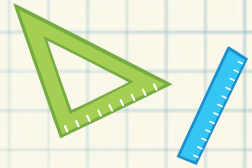
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BRAIN
GAMES

SUDOKU

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		2	7		9	1		

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FOR THE SOLUTION



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School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies,
scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks,
and juice boxes.

DROP-OFF LOCATION:

150 Martinbrook Rd NE, Calgary, AB T3J 3E3

or we can send a volunteer to pick up the items

FOR MORE DETAILS:

Email us at contactsabconnections@gmail.com
or call (403) 708-7924



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