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THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



MONTGOMERY COMMUNITY ASSOCIATION



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Dr. A. O. Olawuni, MD, MPA (HS), MBA, MRCPI, MRCPS (Glasg), MICGP, DMOP, FRSPH, Dip (Peds), CCFP

Dr. C. O. Ndububa, MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

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MCA

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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 Laisley

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	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, June 28, and July 28

Meet Your MCA Board of Directors

- March 17 - Regular Board Meeting

Big Band Dance

Saturday, March 22, 7:00 pm.

18-piece orchestra. Includes dance lessons.

AHS Healthy Living Seminars

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

Your Kidney Health – April 23, 10:00 am.

Choose Smart for Your Cart – May 14, 10:00 am.

Eating Away from Home – June 18, 10:00 am.

AHS Chronic Pain Management Series

March 17, 24, 31, and April 7, 14, 10:00 am.

Live Music Pub Night

- April 25 - Sponsored by the NMC
- June 27 - Supported by Ripples
- July 25 - Tequila Tasting. Local marketers

Recurring Programs and Events

Montgomery Family Drop-In: March 16 and April 6 at 2:00 to 4:30 pm.

Pickleball: Mondays, Wednesdays, Fridays at 9:30 am to 12:30 pm.

Parent-Child Mother Goose: 0 to 18 months. Tuesdays at 9:30 to 10:30 am.

Drop-In Baby Playtime: 0 to 18 months. Tuesdays, 10:30 to 11:30 am.

Karate For Kids and Adults: Mondays and Thursdays at 6:30 pm.

Rhythmic Gymnastics: Ages 3 to 15. Mondays, Tuesdays, and Thursdays.

Learn In-Line Skating: Ages 6 to 8 and 9 to 12. Wednesday evenings.

Seniors Let’s Move: Stretch, breathing, and balance sessions. Thursday mornings at 9:30 am. No charge!

Manager's Meanderings

It is mid-February as I write this, it is minus some awful and horrible number, and I am wishing I was in my second home in Oaxaca, I gotta tell ya! The beach, the munchies, the music, the low thirties in mid-winter. Ah well, time to go skate some warmup circles on the MCA Round Rink in our south field like a good little Canadian (thank you D'Arcy and Logan and their volunteers, for making the rink look like a glass tabletop!).

I hope you all have been following my advice and getting out with friends to support the NW venues that are supporting our local live music offerings! There are a lot of choices for us now, wow! And not just the packed to the rafters weekend jams. The places near us offering mid-week live music moments need our help to grow... to stay afloat. Don't say, "I shoulda coulda woulda" at a later date, when they disappear. Please do support them now!

We have our own Big Band Ballroom Dance night happening at the MCA Centre on March 22, I am very excited. And not just for the dozen piece band, but for the dance lessons before the event. I try, but like a lot of folks, I am a better "leader" elsewhere in my life! Please do join my friends as they laugh at my attempts! Tickets are easy to get, more information inside these pages.

In February, we hosted Carolyn from Green Calgary for a session on Food Waste, extremely informative. We will be bringing back this knowledgeable and friendly facilitator for some canning, pickling, and preserving free workshops in August and September. She is also in the Centre on Saturday, March 29 at 3:00 pm for a special session on composting... and the worms that make the job easy! Join us, bring your neighbours and questions.

We are excited to host the Panel Discussion night for our Greenview, Bowness, and Montgomery Neighbourhood Food Week on September 26. Much more information here in the coming months.

AHS continues hosting their Healthy Living Workshops in the centre. These are no cost and drop-in, and extremely helpful. Wednesdays, 10:00 am to 12:00 pm, March 19: "Try a Little Self Kindness" and April 23: "Understanding Your Kidney Health".

Yes, our website has been "down". We decided to pull the plug on it early February and go from scratch. We

are sorry for any inconvenience caused, especially to the folks trying to sign up for our MCA Garden and Soccer programs. We will be back with a vengeance soon! In the meantime, please continue to follow us on our Facebook, Instagram, Threads, and Bluesky feeds.

Our next fundraising Casino is July 16 and 17. This event covers close to 50% of our financial needs to keep our 60+ year old facility warm and dry and ready for our programming, and your events. If you have volunteered before, we would love to have you back. If you have not volunteered yet... this year is your year! Please reach out to me at manager@mcapeople.com.

And, wow, thank all of you for reaching out to book your special event at the MCA Centre. When I started last July, we were... struggling. Now, we are really booked! I have felt very spoiled seeing and hearing and yes, tasting, all the community love and effort that goes into hosting your events. Thank you.

I would like to take this moment to welcome the Members of the MCA Board who were elected to their positions at the February 28 AGM. This is a big role, an important part of ensuring our amazing Community Association remains focused on the needs of Montgomery residents, that we manage our resources with care, and that we have a voice at City Hall. Thank you all for your volunteer service... you are appreciated!

Have an awe-inspiring day.

Spike



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!



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Are You Good with Numbers?



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 two monthly Board meetings are scheduled for Monday, March 17 and Tuesday, April 15 in the boardroom at the MCA Centre. The centre is located at the corner of 16 Avenue NW and Home Road, across from Tim Hortons!

I look forward to meeting you!

George McMullen

Interim Treasurer

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events,
& More



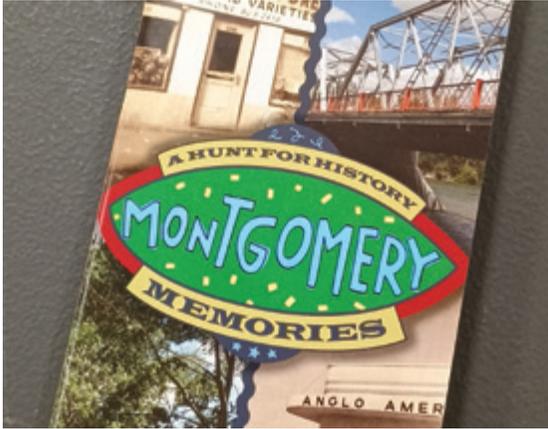
Crime
Statistics



Real Estate
Statistics



The History of Montgomery - Part Two



By 1957 the community had grown to 1,069 homes. The rapid growth of the community created many issues, especially concerning services like sewer, water, and infrastructure. Several petitions for amalgamation with Calgary were put forward and rejected due to cost. Montgomery was designated as a town in 1958, and elected its first mayor, Douglas LeBaron. He was followed by three other mayors of Montgomery, George A. Baker (1958), Claude Campbell Wyldman (1959 to 1962), and John E. (Jack) Kemp (1962 to 1963).

By the early 1960s, the population had increased to about 5,000. At this point, the town had run out of room to grow, had an unbalanced tax base, and little potential for further development. The issue of joining Calgary became very contentious, and some public meetings on the issue resulted in brawls! In 1963 the provincial board approved the amalgamation of Montgomery. A small official ceremony took place on August 15, 1963, and it has been suggested by many residents that this ceremony should have been better. However, poor attendance at the official event may be attributed to the frivolity of the night before! According to the Albertan newspaper, a mock funeral took place at the Town Hall lawn, and a councillor suggested the building could be re-used as a drinking establishment. The flagpole featured a pair of rubber firefighters' trousers flying high. Firefighters blasted each other with high-pressure hoses in the streets. Local police cars with lights and sirens blaring sped down the highway until pulled over by the RCMP for speeding!

In the early years, there were few services offered in Montgomery. People burned coal and wood for heat until natural gas was installed in 1949. Water was hauled from a neighbour's well or delivered by truck. There were no streetlights or sidewalks (although some people created their own sidewalk by using wooden planks!). Running water and sewer were finally installed in 1959.

Home delivery services were common. They included milk, bread, ice, occasionally vegetables, and dry cleaning! Mail, however, was not delivered to homes. Instead, residents picked up their mail at the post office. Telephone service was considered a luxury, and many homes went without due to a long waiting list. Phones in Montgomery operated on a "Party Line", which serviced multiple residences with a single line. Neighbours would know whose phone call it was by the number of rings. It was common practice to eavesdrop on a neighbour's conversations. According to Molly May, "it was how we got all the news... much better than TV!"

The town dump was formerly located at the top of the hill to the northeast of Montgomery, near the current playground on the south side of 32 Avenue, opposite Market Mall. To the north of the new Alberta Children's Hospital, there was also a very convenient dump that held items that could be used again. People often burned their garbage in their backyards in metal canisters. However, this was never done on Mondays, since that was considered laundry day! Tuesday was ironing day, and baking was usually done on the weekend.

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



Penny For Your Thoughts

Some hummingbirds weigh less than a penny! The Bee Hummingbird, the tiniest bird in the world, weighs only 1.6 to 2 grams.



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

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AT MCA

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• **MONDAY** •

• **WEDNESDAY** •

• **FRIDAY** •

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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!

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the Extras at
No Extra Cost

This just in...

- “ This is a really friendly, relaxed and well designed space (the dental care is great too! Haha). It feels like a true self care experience from start to finish, and so far my care has been top notch.” - *CL*
- “ I've never been excited for a dentist appointment before like I was for my first visit yesterday and it did not disappoint.” - *JJ*
- “ Always amazing service from all the staff and every experience is as painless as the dentist can be! They are very accommodating and make sure you're comfortable every step of the way.” - *CH*
- “ The best dental experience I've ever had and I've been to a lot of different places. Now I've found my spot.” - *RL*

Take a closer look inside Swish U/D

Good vibes. Great care. Swish has officially landed in U/D! From our Patient Lounge to the Swish Bar, our clinic is designed to melt away dental anxiety and leave you feeling confident (not self-conscious) about your oral health.



The Patient Lounge

Sip on complimentary Monogram coffee, browse our curated selection of beauty and oral care must-haves, or flip through a stunning coffee table book while you wait. It's a whole vibe.

The Ops

Fully stocked with the latest tech and wellness-inspired amenities to make your appointment *actually* enjoyable. Aromatherapy, blankets, and noise-cancelling headphones are all on the menu here. Take your pick and let our team take care of the rest.



The Swish Bar

Because everyone deserves a little treat and flossing is more fun when it's coconut flavoured. Every visit ends at the Swish Bar, where you can stock up on the extras at no extra cost. Take home elevated self-care essentials from Cocofloss, Marvis, Sonicare, and more.

Get to know Swish!
Scan the QR code to book your first
appointment. We'll see you soon.



Say ahhh...

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



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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 Vuen ☎
(403)370-7352.

COMMUNITY HUBS
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CALGARY

UNITED WAY

Our Community Garden

Melissa is one of the most active members of the MCA Community Garden. She is already planning a summer with the soil by getting a head start on vegetables that will be part of this year's mix of items.

"I started them at home to transplant at the community garden in the spring since they take a long time to grow to maturity. Onions have been very popular at the garden, so we are planning to plant more this year."



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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!



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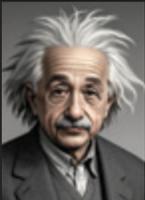
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Volunteer with MCA!

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.

Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!



News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during “rutting” (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.



MCA Survey



Hello!

We want your input. We need your input. Please participate in our short survey! We know people say short and it turns out to be a five-minute ordeal. Not this time! You can complete our survey in under 90 seconds.

The answers will be straight forward and simple, but these answers will help us as we plan for the future. The end result will be a better understanding of our members and supporters, and what you want as we at the MCA move forward. Thank you so much for participating!

To participate scan the QR code or go to the survey website: tinyurl.com/mcapeople.



Just Create Something!

Until about 15 years ago, I wouldn't have used the adjective 'creative' to describe myself. That changed when an unexpected sequence of events culminated in some almost unbelievable and extremely gratifying accomplishments.

It probably started when I created my own blog. Then my spouse insisted that I take the class 'Intro to acting for adults'. That class piqued my interest in improvisation. This in turn motivated me to hang out at the renowned Loose Moose Theatre and learn from the best. I made friends with people who were creating stories on stage out of thin air. These same people were also making other forms of content. Plays, children's theatre, illustrations, music, video shorts, even movies and television shows.

I found myself surrounded by creative people who were proving to me on a weekly basis that there's no point keeping an idea inside of you. You have to unleash it and see what happens. Wonderful, magical things happen. It took a while, but that ethos started to have an effect on me.

Some very dear friends of mine asked if I would be willing to re-work the script from a famous scene in their favourite movie and transform it into an intimate wedding-like event. The version of myself from even five years prior would have been terrified to even consider it, but the current version of me said "Yes!". I'm no Wes Anderson (he wrote the movie in question), but I think the finished product was clever, and it allowed for group participation to boot. I had a blast unleashing it on the assembled guests.

At work, I was helping a department produce training content for online delivery, and we found that the total collection of even publicly available material left us wanting. I concluded that the best way to solve the problem was to create our own in-house short film using our own employees as performers. I'm glad that they went along with my idea, because the movie was extremely well received.

An organization where I teach part-time asked their instructors to help promote their courses using social media. I decided to go one better and imagined that a fun video or two about taking their courses could

potentially go viral, and that would drive traffic to their website. I recruited volunteers from my improvisation circle, and we made a few proof-of-concept videos, which, I'm happy to report, went over better than I could have imagined. They haven't quite gone 'viral' yet, but the concept really opened everyone's eyes to the potential of guerrilla multimedia as a promotional tool.

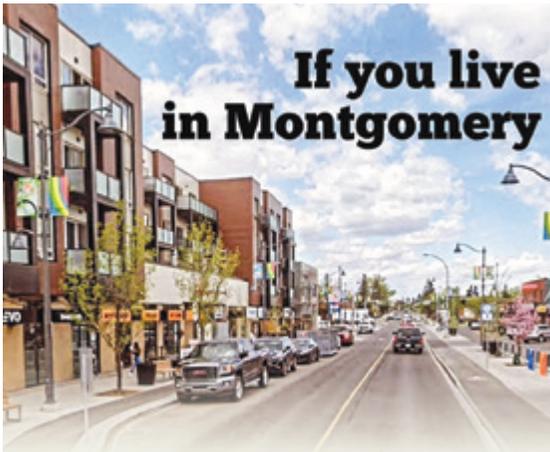
What may not be obvious from my story, is that I am not a professional script writer. Neither am I an experienced video producer, or director, or cinematographer, or editor. But I didn't let that stop me. We made mistakes and we learned from them.

My point? We all have it in us to create. But for many of us, it's an untapped resource that we seem to go out of our way to keep hidden. This is a huge mistake. The world needs more original content. So, I present a challenge to you. Just create something.

Karl Plesz

Your Productivity Guru





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.

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Buy Canadian, Shop Local

As we navigate through these challenging times, it's more important than ever to support our local economy and fellow Canadians. By choosing to buy Canadian-made products and shopping locally, we can make a significant impact on our community's prosperity and resilience.

When you buy local, you are not just purchasing a product; you are investing in your community. Local businesses are the backbone of our economy, providing jobs and supporting local families. Every dollar spent at a local business is reinvested into the community, helping to create a vibrant and sustainable local economy.

Buying Canadian also means supporting our national economy. Canadian businesses produce high-quality goods and services that meet rigorous standards. By choosing Canadian products, you are supporting our industries and helping to create jobs across the country. This not only strengthens our economy but also ensures that we are less dependent on foreign goods.

Moreover, buying local and Canadian products is an environmentally friendly choice. Local products often require less transportation, reducing carbon emissions and contributing to a healthier planet. By supporting local farmers and producers, we also promote sustainable agricultural practices that benefit our environment.

I encourage everyone to make a conscious effort to buy Canadian and support local businesses. Whether it's shopping at a local farmers' market, choosing Canadian-made products at the store, or dining at a locally owned restaurant, every small action counts.

The best way to shop Canadian is to look for the 'Made in Canada' or 'Product of Canada' label. You could also take the opportunity to ask the shop employees which products are produced in Canada or sourced locally.

Epilepsy Awareness Month Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com



Share your purple moments using
#postyourpurple



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2025 MARKET UPDATE

RESIDENTIAL SALES FROM JANUARY 1 – DECEMBER 31

MLS SALES FOR RESIDENTIAL SINGLE FAMILY PROPERTIES

BOWNESS	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2021	201	\$503,309	39	\$417
2022	201	\$603,612	32	\$465
2023	160	\$645,794	26	\$520
2024	179	\$788,745	28	\$605
MONTGOMERY	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2021	101	\$613,780	40	\$420
2022	105	\$644,430	32	\$488
2023	90	\$734,281	37	\$520
2024	84	\$774,444	30	\$578

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** Based on number of closed transactions*