

MAY 2025

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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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, May 24

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

Meet Your MCA Board of Directors

Goals? Offers of help? Need help?

May 20 at 7:00 pm.

Pickleball Drop-In

Monday, Wednesday, Friday

9:30 am to 12:30 pm.

Carya Parent-Child Mother Goose

Babies up to 18 months. Tuesday mornings, 9:30 to 10:30 am. Registration required.

Carya Drop-In Baby Playtime

Babies up to 18 months. Tuesday mornings, 10:30 to 11:30 am. Drop in. No charge.

Karate For Kids (12+) and Adults

Shotokan Karate, Brazilian Jiu Jitsu, Boxing

Monday and Thursday at 6:30 pm.

Rhythmic Gymnastics for Girls

Vertigo's Coaching and Mentoring

3 to 15 years. Monday, Tuesday, and Thursday evenings.

Learn In-Line Skating

Alien brings their program to the MCA!

Ages 6 to 8 and 9 to 12. Wednesday evening.

Carya Seniors Let's Move!

Stretch, breathing, and balance sessions

Thursday mornings 9:30 am. No charge drop in!

Little Kickers Soccer Classes

Sunday mornings. Three classes.

1.5 to 2.5 years

2.5 to 3.5 years

3.5 to 5th birthday

President's Message



Dear Beautiful Montgomery!

We've had a very exciting kick-off to spring and now we're experiencing fabulous weather where everything from our Community Garden growing wonderfully to outdoor programs like soccer to indoor activities like karate, pickleball, and gymnastics have many beaming with smiles and joy.

The community centre is a very active place, and you should join us for whatever may bring those very same smiles to you and yours. We host CARYA events, NA meetings, and other social beneficial events and in our main hall, we also host In-Line Skating, Qi Gong, and Senior Potlucks to name just a few. Additionally, many other organizations come to us to house whatever the need is. There truly is something for everyone – all you need to do is join us! It's really that easy.

At the centre in our incredible not-for-profit facility, we have a very large main hall which can accommodate comfortably up to 300 people. For the smaller tasks or events that you may have, we can utilize our boardroom for a comfortable 25 attendees featuring seats and tables for all, an overhead projector connected to media for sound and visuals and a quiet, full on business setting if you so require.

The complement to all of this is a fully AHS compliant, large kitchen which can facilitate food and beverage

services for up to 300. We even hosted an event recently where many enjoyed outside weather, fire pits, tables for programs and food and the kitchen easily handled and streamlined this amazing event.

Can you see you and your organization having a terrific time within the community centre where all come, engage with the event, and return home with delicious food to make it all not only fun but delicious?! Come check us out.

In the months to come, especially given outdoor activities which expand our space in warmth and love, we're hosting events featuring music and drums and cultural events. Don't be surprised if you hear rhythms and find yourself attracted to come down and check things out.

Our facility, located just south of 16 Avenue and Home Road is situated perfectly for an event and then perhaps a stroll along the river – we're right next door! Look at our front page of this publication to find contact information for our volunteer board and the brilliant staff we've hired to mesh our facilities with you, the most important part of our community. Stay tuned for more issues. We'll update here regularly.

Enjoy your summer!

Shane Corriveau

President



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.



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.



Just wow! What a beautiful season – and our spring garden has several amazing community members who've come together to plant, clean, recycle, and well, grow! If you're not familiar with our community garden, we promise we're not moving – we're near the top of 48 Street just south of 32 Avenue.

We grow several crops for and with our 'work bees' of 35 garden members. Think of everything from fresh, sweet, and delicious strawberries and the complementary cousins, red raspberries and their distant friends, the saskatoons. We're working on other fruits as well, one less commonly known like the haskaps to the wonderfully tasty rhubarb, so often put into pies.

If your sweet tooth is satiated, nourish your body and join us to grow a great variety of vegetables. The list is extensive from common staples, like our potato patches which yielded several pounds last year, to peas, beans, carrots, melons, squashes... the list really goes on. We use fresh herbs that we're growing again this year for our harvest – but that's months away! Our garden really is a place for all to enjoy.

Look for further editions where we'll update you on possible events we wish to host, weather permitting and try to get involved. If we're full by the time this goes to publication, make sure you sign up early next year – we're looking for gardeners of all stripes, seasons, and experience and we welcome you to 35!

One beautiful reminder we like to send out at this time of year is our seed exchange box, located on the chain-link fence near the southeast corner of the garden. Look for the little wooden box – have a seed, share a seed; need a seed, take a seed (or a few!). Just be respectful and caring as you progress with your garden.

If you don't know what to do this summer – garden! It's a wonderful way to get outdoors, enjoy some sunshine and learn about what nature provides for us all – we just have to help ourselves.

All the best through May and June and we'll catch you on the next issue. Don't let any weeds stand in your way!



Word of the Month

Filipendulous: *adjective* (fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

Manager's Meanderings



"Mister Spike, I am five years old this week, I will have you know!" Words from one of our event renters. Words and big, bright-eyed smiles that make this weary and world-tainted ol' fellow's eyes go all wet with some un-"adult"-erated happy tears.

We host a lot of special events here at the MCA Centre. Weddings, bridal showers, maternity showers, and Smurf's birthdays stand out for me. The balloons and decorations are more colourful. The laughter and positive attitudes, the kindness and respect shown to our team, the feelings of hope and happiness openly shared with us do make these days distinctive. The payback moments of seeing how we've made it easier, how we removed a wee bit of stress, and the subsequent magical results of us simply helping to making it simple. Important moments we are grateful to be a part of. We are already booking into the fall and next spring. If you are looking at a space to utilize for your special day, please make sure you reach out soonish and discuss your unique event needs with us.

We are super excited to be the new home of a preschool that has been operating in our community for a very long

time. The Terrace Road School attendance is climbing rapidly, and the not quite ready for big kid classes crowd were threatened by the growth. Starting in September, weekday mornings around your MCA Centre will be filled to the brim with laughter, art, song, and the questions that come from a room filled with enquiring young minds. I have met the board, the teachers, and some of the parents, and I must say... I am excited! We will get you more information here and on our social media about registering and programming soon. Do reach out to me directly at manager@mcapeople.com if you want to know more for your own children, and I will connect you.

Our website is still in "recuperation" mode. Our Volunteer Board and hardworking staff are working diligently on the new design and content. We hope it will be a helpful web address to find, listing our events, programming, and community partnerships that benefit you. We thank you for your continued patience, and invite you to join, follow, like, and contribute to our various social media platforms.

I hope you are in the middle of an awe-inspiring spring, walking, blading, biking, dancing, singing, painting, planting, and partying with friends and family. And to that last bit, I will add... please, please get out there and support the venues nearby who are serving up some tasty live music options for us. They need our attendance to survive and thrive, my friends, I can't say it more directly. The weekend jams are getting ridiculously fun, do drop by and see/hear for yourself, but please, do get out there on a midweek music eve adventure with friends and family. I believe you will find yourself surprised and pleased with the talent you will discover!

Michael "Spike" Richards

Cats, Canines, & Critters of Calgary



Honey, Woodcreek



Kona, Woodlands



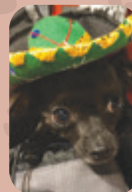
Marjory, Walden



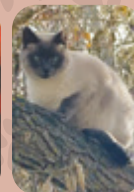
Mavis, Calgary



Puff the Magic Dragon,
McKenzie Towne



Riley, Woodbine



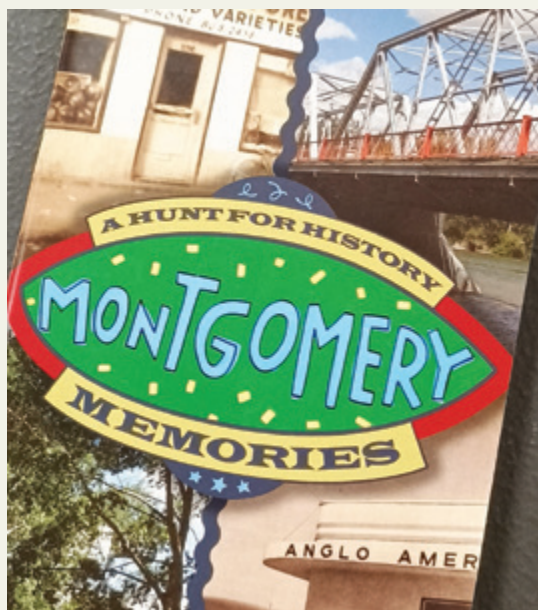
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Calgary



Tita, New Brighton

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Montgomery Memories Part Four



The demand for housing in Montgomery was created following WWII. Within a period of nine years, Montgomery expanded by more than 1,000 homes. Land in Montgomery was much less expensive than in Calgary, costing about \$50 per lot. Marjorie Kellough (née Dedels) has receipts issued to her mother for the purchase of three lots on 15 Avenue, including a house, for a total of \$4,000 in 1947! The supply for the housing demand was answered by the construction of homes that were simple but affordable. This area was known as “The Town with the Future”.

Most of the homes built during this time had two small bedrooms, a kitchen, and a living room... but no bathroom. Since the sewer line was not constructed until the late 50s to early 60s, most families had to make do with an outhouse in the backyard. Some houses had inside chemical toilets, which had to be emptied frequently and smelled terrible!

Mortgages were unavailable until the 1950s, so houses were often built piece by piece, by the owners themselves. Regina Skrypnec’s family took four weeks to build the essentials (doors, windows, and a roof)

and then moved in. The dimension of the house was only 20 x 24 feet! They were able to build a small bathroom when the waterline was connected in Montgomery and felt as though they were living in ‘great luxury’.

While the homes were small, they provided enough room for entire families. Ellis Keith, who built 46 homes in the area and sold them for \$2,500 a piece, referred to the Montgomery homes as “rabbit-hutch houses” that “didn’t win any design awards, but filled a need.” Valerie Levson (née Burtonshaw) recalls that moving with her family of six into their Montgomery home was a “wonderful occasion” since, prior to moving, they had lived together with another family of six in a tiny Hillhurst house for several months. The four girls in the house shared one room with bunk beds and bunk cupboards.

Building materials tended to be more ‘original’ than they are today. One home near the river is said to be entirely constructed from railroad ties. Another home on Bowness Road had exterior walls covered in roof tiles. A common practice was to buy a heavy wrapping paper that was used to transport newsprint and use it to insulate the house. One resident remembers that his first house often leaked, due to the fact that much of the roof and walls were made from corrugated cardboard!

As time passed, many residents took the opportunity to make changes to their homes. Many homes increased in size through expansion and the addition of a basement. Some were initially built on the back of the lot so that as money became available, a larger house could be built, and the initial building became a garage. Another change resulted from residents’ attempts to encourage vegetation growth, usually by having vegetable and flower gardens. Lilac bushes were often planted because they were inexpensive but grew very quickly. The former prairie valley, full of mud and rocks but barren of trees, is now a green oasis with mature trees.

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

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, May 24

- 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.

Quintuplet Success!

In the village of Corbeil, Ontario, the Dionne quintuplets were born on May 28, 1934, making history as the first known quintuplets to survive infancy.



by Denise Brown

Welcome to spring, dear neighbours! A most stunning Canadian experience: walking through our neighbourhoods with the return of light and warmth, to see everything through new eyes!

This is particularly true in our beautiful Montgomery, where there are, in fact, many innovations to enjoy! We older residents will notice new residences, new neighbours, with lots of lively little kids plus a plethora of novel dog breeds. Take all of this in, with the returning songbirds, the crocuses, onions, and rhubarb poking through the remains of winter, the smell of spring in the air! Walk down your block and around the corner to see transformed streetscapes!

Take a wander down to Mainstreet Montgomery... find shops and eateries, complementing the old favourites! This is a friendly, walkable, historical, community... not just a neighbourhood! That means we have an identity: we like to know each other and feel familiarity and closeness. Plus aren't we proud of our growing diversity?

Our neighbours come from all over the world, and from all walks of life. We live in houses big and small, owned and rented, new and old, making this a rich and exciting environment! This has been a characteristic of Montgomery for decades! Isn't that why you love it? So, say hello to your new neighbours! Be sure to greet people with a smile or a "hello" or "good day", as you take your exploratory walks! Make eye contact and develop friendships, please!

Oh yes, we have great walks! Take a break from the car! Try walking up the hill from your house, through Montgomery to the University District! Try taking the jaunt down to the river valley with gorgeous forest walks and beaches! Swing by the Community Centre to join in many wonderful community activities (and say hello to Dave and Spike). Meander through our business districts that you will find to be full of surprises and secrets! We are small, tight knit, and walkable! Dear neighbours: see you on the streets in the "hood", as we spring into spring in Montgomery!

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!



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.



**BUTTER KEEP
A SECRET!**



**Have you heard the
rumor about butter?
Never mind, I shouldn't
be spreading it.**

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!



Trees For Free From The City



Free Trees from the City!

Did you know that Montgomery's tree coverage is far less compared to Bowness and Parkdale (12% vs. 20%)? Trees add shade, windbreaks, reduced heating and cooling costs, habitat for birds, clean air, and beauty to our neighbourhood. Let's close the gap. The City of Calgary's Urban Forestry Planting Program supports homeowners to plant trees on the city-owned portion of their property for free! Homeowners work with city staff to choose a location and pick a tree (or multiple trees) from their approved list. The City safely digs the hole, plants the tree, and waters the tree for a few years until it is well established. To access this opportunity, submit a request to the Urban Forestry Planting Department through 3-1-1.

If you are interested in planting trees on the portion of your property that isn't city-owned, check out the Branching Out program. Go to the calgary.ca website and search for: "branching out".

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION



Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

Supporting Local is a Sustainable Act

by Shawn Kearns

If there's one thing I've learned after years of living and working in Montgomery, it's that the strength of our community isn't just in its buildings or parks — it's in how we show up for one another.

In the past few years, there's been growing conversation around sustainability. Most of us are now familiar with the environmental side of it: reducing waste, conserving resources, and making greener choices. But there's another side to sustainability that often gets overlooked — and that's economic sustainability.

Here's a stat that surprised even me: when you spend money at a small, local business, about 66 cents of every dollar stays in your local economy. When you spend it at a large multinational chain? That number drops to just 11 cents. That's not just an accounting detail — that's the difference between thriving local shops and vacant storefronts.

Montgomery has incredible potential to be a hub of small business vitality. We have talented makers, shopkeepers, service providers, and entrepreneurs who care deeply about this community. Yet, there's still a noticeable disconnect between what's available here and how engaged we are as a neighbourhood.

Now, with local and provincial conversations increasingly focused on economic development and community infrastructure, we have a rare political and civic moment — an opportunity to reflect on what kind of community we want to be. Choosing to shop locally isn't just a financial transaction. It's a vote for a sustainable, connected, and resilient neighbourhood.

Sustainability doesn't end at the recycling bin. It starts at the street corner, at the bakery, at the bookstore — wherever local people are doing meaningful work for their community.

So next time you're out and about in Montgomery, take a fresh look around. You might be surprised at what — and who — you discover.



Ah, Kaizen. It sounds like the name of a zen garden-themed cocktail, but it's actually one of the sharpest tools in your productivity shed. For the uninitiated, Kaizen is a Japanese word that loosely translates to “continuous improvement.” Think of it as self-help, minus the hype and the need to buy an expensive workbook with inspirational quotes and pictures of mountain climbers.

Here's the gist: You don't need to overhaul your entire life to be better at it. You just need to improve—a little bit—every day. It's related to that work paradigm, “What's one thing we need to start doing? Keep doing? Stop doing?”

Kaizen is one reason Toyota makes rock-solid cars and why Joyce in accounting has a structured inbox, balanced macros, and an office that smells faintly of cinnamon cookies.

But Kaizen isn't just for car companies and Joyces. It's for you. Yes, you—with your 27 open browser tabs and your noble intention to start journaling every morning, just as soon as you find the time. Here's how to Kaizen your life without breaking a sweat:

Start small. Smaller than that. Want to read more? Start with one page a day. Don't worry, the book won't spoil.

Make it a habit, not a heroic effort. Kaizen doesn't wear a cape. It's not dramatic. It's brushing your teeth every night, not flossing for 25 minutes before a dentist appointment.

Track progress like it's a game. Did you organize your desktop today? Celebrate like you found a \$50 bill in the couch cushions.

Iterate like a scientist. Tried something and it flopped? Perfect. That's data. Now tweak, adjust, and try again.

Kaizen is a quiet revolution. It's the art of getting 1% better every day. Do that for a year, and you'll be, umm, many times better. (Sorry, math was never my strong suit.)

So next time you're tempted to burn it all down and start fresh, take a breath. Then ask: “What's one tiny thing I could improve today?” That's Kaizen. And it's how you slowly, steadily, sneakily become unstoppable.

Karl Plesz

Your Productivity Guru

(Getting 1% better at writing every week)

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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, 403-269-2707.

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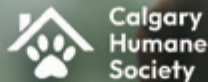


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Dr. C. O. Ndububa, MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

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