

NOVEMBER 2025

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



Cover Photo by Zachary Bedford



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On the Cover

The beautiful Bow River marks the southern border of Montgomery.

Montgomery is considered to be one of Calgary's most vibrant communities with a population of 4,850 and a business district of 120 diverse retailers and service providers.

The Bow River runs through the most populated region of Alberta, intersecting cities such as Banff, Canmore, Cochrane, and Calgary. The Bow has numerous dams and reservoirs along its pathway, supplying water for hydroelectricity, irrigation, and municipal and industrial use. The river also boasts numerous recreational activities including world-class sport fishing and water rafting. It's the winter snowfall at the headwaters in the Rockies that supplies the majority of the annual flow for the Bow River.

Information from the Canadian Encyclopedia.

Photo credit: Montgomery resident, Zachary Bedford.

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Accounting	Yvette Foster-Norgren

Community Contacts

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

Elected Representatives

City Councillor	Terry Wong 403-268-2430
MLA Calgary Bow	Demitrios Nicolaidis 403-216-5400
MP	Corey Hogan 403-410-2121

School Board Trustees

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News from the Friends of Nose Hill

by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts." Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.



President's Message

Montgomery is an absolutely fabulous place to live. Consider how lucky we are; Montgomery is near many of the city's biggest employers. It offers residents convenient access to various job opportunities, with easy access to prominent institutions such as the Alberta Children's Hospital, University of Calgary, and the Foothills Medical Centre.

Contrast that to the natural beauty of the area. We have the Bow River with very easy access to enjoy nature and the community hosts two large parks - Shouldice Park and Bowmont Park. Whether you prefer indoor activities that Shouldice offers, like swimming and the arena or outdoors with Bowmont and hikes, strolls or relaxing aside the river, we have it all. We're also spoiled with the several smaller parks and green spaces as well. Enjoy the snow on the hills! Finally, views of the mountains are stunning – it's just too easy to just jump on the #1 and take an hour and enjoy the beauty of the Rockies.

It's getting chilly out there! Come down to the centre and enjoy a coffee and take in some events and programs and meet others from the area as well. Too often though this president's message is inner looking – that is, I reflect much on the inner workings of the community association our volunteers tirelessly try to improve.

Inward looking to our MCA or appreciating how we live within our community, I cannot say enough how we're honoured to serve you! Become a member and let's grow the organization whilst appreciating all we have. Contact us or visit our website – www.mcapeople.com. Thank you.



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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, November 15

- 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.

COMING UP!



MCA Seniors Potluck Brunch

Our monthly gathering for 60 plus. Bring your neighbours!

Third Saturday of the month. Mingle 11:00 am. Lunch 12:00 pm.



Meet Your MCA Board of Directors

Third Tuesday of the month. 7:00 pm.



Pickleball Drop-In

Mondays, Wednesdays, Fridays. 1:00 to 3:30 pm.

Only \$7 drop-in or monthly punch card for \$60.



Carya Seniors Let's Move!

Stretch, breathing, and balance.

Thursdays from 1:30 to 2:30 pm. September 11 to December 18. No class on October 30.

No charge! Drop in.



Carya Baby Massage and Songs

November 25 to December 16 from 9:30 to 10:30 am.

Intended for parents with babies age three weeks to six months. There is no charge for these classes, but registration is required. FIC@caryacalgary.ca.



Combined Martial Arts

Shotokan Karate, Brazilian Jiu Jitsu, Boxing

Mondays, 7:00 to 8:30 pm. Thursdays, 6:30 to 8:30 pm

For information call 403-383-5972.



Rhythmic Gymnastics for Girls

Vertigo's Coaching and Mentoring. 3 to 15 years.

Mondays, 4:15 to 6:45 pm. Tuesdays, 5:00 to 8:30 pm. Thursdays, 4:15 to 6:15 pm.

For information call 587-999-4224.



Learn In-Line Skating

Alien brings their program to the MCA!

Ages 6 to 8. Wednesdays, 5:15 to 6:15 pm.

Ages 9 to 12. Wednesdays, 6:30 to 7:30 pm.

For information call 403-262-4404.



Little Kickers Soccer Classes

Sunday mornings. Ages 2.5 to 5.

For information call 587-287-4513.



AHS Healthy Living Series

Try a Little Self Kindness

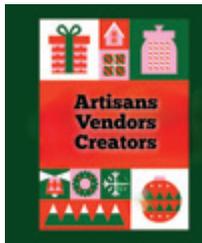
November 20 from 1:00 to 3:30 pm.

No charge. Walk in.



Barbaro Klub Sober Dances

December 13 from 7:00 pm to midnight. \$15 at the door. Open to the public.



MCA Annual Christmas Market

Saturday, November 22 from 10:00 am to 5:00 pm. Over 20 artisans and their products. Tables covered with great gift giving ideas. A wide range of prices.

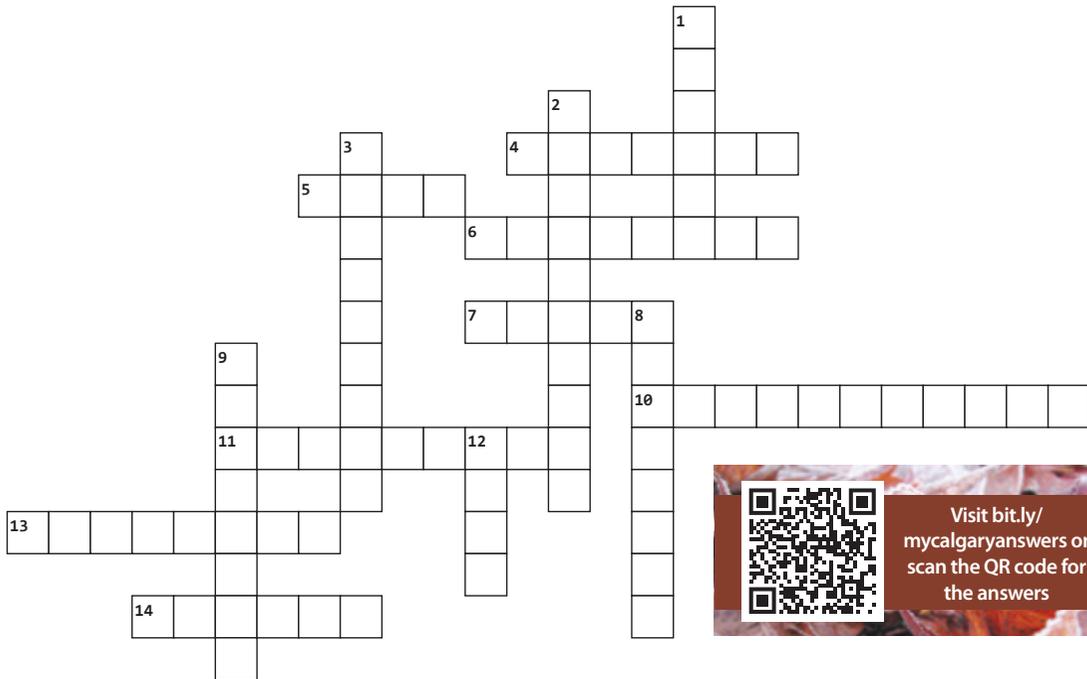


Calgary River Valley Plan

Saturday November 29 11:00 am to 4:00 pm. Updated information on work regarding groundwater due to overland flooding.

For more information: <https://engage.calgary.ca/CRVP>.

November Crossword



Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.



Many organizations outsource training for their people. This is costly. Does every employee need Office 365 or Windows 11 training? Market value: \$300 per person. Do a bunch of employees need ERP training? Market value: approximately \$4,000 each, if you can find it. None of that training will be customized. Will the attendees get answers to out-of-scope questions? Doubtful. Do you see my point?

With an in-house trainer, not only do you get the training on one topic, you have their entire portfolio of content and expertise at your disposal, plus anything else you ask for. All customizable. With the ability to be delivered on-site, or over Teams, on your schedule. Are there work tasks that need focused training? Your trainer can probably develop how-to videos and guides. Or online self-paced learning modules, with built in testing to gauge comprehension.

The trainer can often contribute to upper tier IT support. The trainer usually has experience writing (or at least proofing) technical documents and knowledge base articles. They will typically be able to assist with user testing before a product goes live.

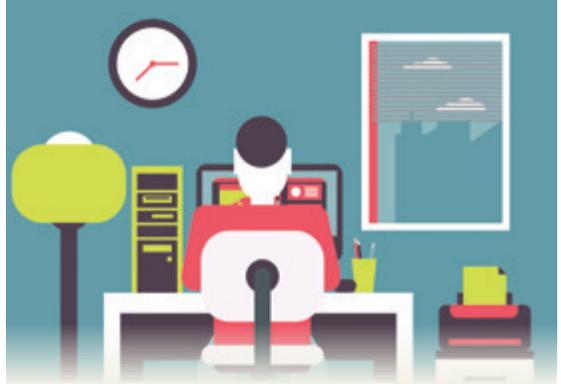
An in-house trainer, depending on their experience and abilities, can expand to other critical process improvement activities, such as how to use AI, soft skills training, mentoring on time management, coaching on effective listening, team building, among others.

Your trainer has the advantage of being embedded in your culture. They understand your business processes and idiosyncrasies. They are an integral part of the success of the company and have a vested interest in making it function better.

In my opinion, it's the single best ROI you can inject into a medium to large organization. Disclaimer: Yes, I am a corporate trainer.

Karl Plesz

Your Productivity Guru



Manager's Meanderings

I hope you join us for our MCA Festive Market November 22. We have brought together 22 artisans to show off their wares, give you some gift giving ideas for your friends, family, and yourself. Thank you for supporting this herd of creators directly, it matters.

Our next Social Seniors Club potluck gatherings are November 15 and December 20. If you are 60 plus you are invited! We share some fun activities and some live music. Do join, do bring a dish to share, do bring a friend or three!

We have a new book club starting in the MCA Boardroom on November 11 at 7:00 pm. If you can "read" this, you are invited to join and contribute!

Our friends at AHS are hosting a special Healthy Living workshop November 20, "Try a Little Self Kindness". I don't know about you, but I am especially forgetful of this need, this time of year.

I have my own request... we are gathering up some old photos and stories of "who and what" Montgomery is. We were spoiled with the awesome group of volunteers who put together the Montgomery Memories booklet a few years back, and it is time for an update! We would love to have your input, and we would love to have your help compiling all we discover.

As always, I am best reached by email, manager@mcapeople.com.



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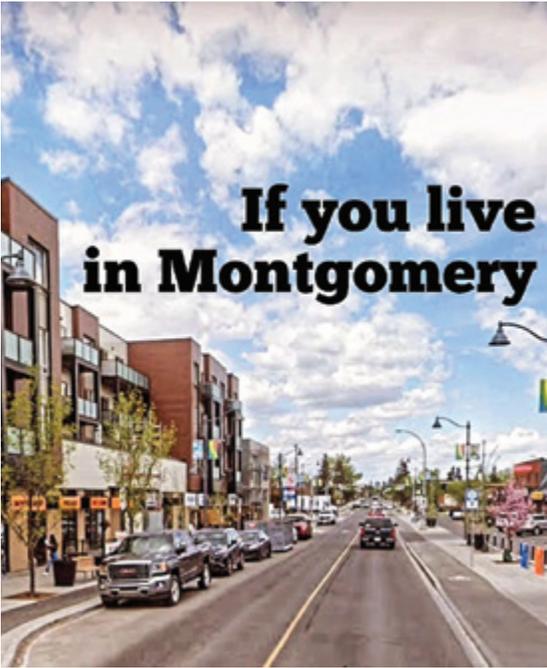


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If you live in Montgomery

If you live in Montgomery, you should follow the Montgomery BIA and the Montgomery Community Association on Instagram!

Montgomery is considered to be one of Calgary's most vibrant communities with a population of 4,850 and a business district of 120 retailers and service providers.

Montgomery Community Association
@mca_people

Montgomery BIA
@montgomeryonthebow

MCA Annual Christmas Market

Saturday, November 22 from 10:00 am to 5:00 pm.
Over 20 artisans and their products. Tables covered with great gift giving ideas. A wide range of prices.



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.

Up and Active

Our new Montgomery Community Association (MCA) website is online, easy to access, and full of information!

We understand that the public are looking primarily for five things.

- List of upcoming events.
- How to rent the facilities.
- Find out about the Association.
- Acquire a membership.
- Benefits of a membership.

Our concept was to make the website clean, simple, and inviting. If you're looking for one thing, like a list of programs and events, you can find it immediately. No excessive scrolling like on other websites.

But if you're on a deep dive about the MCA, you can scroll and hit the different link buttons, and the full story is unveiled!

Please check it out at mcapeople.com or scan the QR code below!

Thanks, from the MCA PR Committee!



For book lovers in Montgomery!

Let's talk about the books we read. Are you looking for a new book and the opportunity to meet new people? The MCA Book Club is where we can explore different genres, get to know new people and have thought provoking conversations (no pressure to be an expert or even to read all books every time).

When: Second Tuesday of every month, first one is on Tuesday, November 11, 7:00 pm at the Montgomery Community Centre.

Text Lilli at 403-400-6028 for questions, details, and schedule.

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

Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



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 Ten - Sports and Recreation Continued



Due to the hilly nature of Montgomery, tobogganing was an immensely popular winter activity. Both East and West Montgomery had their favourite hills. The icy streets were also used as there was not much traffic at night and the lack of streetlights meant that cars were visible for blocks.

Figure Skating was another prominent winter activity as was curling at the Foothills Curling Club. Broomball was also offered as an outdoor winter activity. Kathie Picken and her brothers used to attempt to ski down the steep slopes made very difficult by old fashioned skis without bindings.

Ice fishing on the Bow was a favourite for many although illegal. Lying on the ice with a cardboard box over your head was a great method to watch the fish attack the bait, and is perhaps why many of us have arthritis.

Summer sports were also popular especially softball and soccer. Many City Championships were won by both girls and boys softball teams. The Montgomery Sputniks baseball team won the Provincial championship in 1960.

Shouldice Pool was originally an outdoor pool that was the place to go on hot summer days. In 1980, it underwent a major renovation; the pool was enclosed for year-round use, and a dive tank was added.

The Men's Club and the Ladies Auxiliary were a strong part of the community. The Ladies Auxiliary was formed in 1967 with the purpose of providing support for the community. They held many fundraising events

including bake sales and teas and ran the concession at the hockey rink.

Tuesday afternoon bingos were a popular outing. Their donation to the Montgomery Community Association assisted with children's programming.

The Men's Club met monthly for dances and meetings and enjoyed playing darts and cards and raising money for the community. The Guys and Dolls Club replaced the Men's Club because the wives wanted to be included in the activities. In addition to continuing the Men's Club activities, they held bingos, art classes, and potluck lunches. The club reluctantly closed in 2001 due to declining membership.

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

Brain Freeze

That sharp headache from cold treats? Doctors call it "sphenopalatine ganglioneuralgia". Try saying that the next time you eat an ice cream and get brain freeze!



Reflections!

by Denise Brown



Last week at a thought-provoking Panel on Food Sustainability sponsored by your MCA, I was reminded that “we are what we eat”!

The comment was made in the context of new Canadians, and their attachment to the food that they grew up with. But their food choices will grow exponentially as their kids discover the myriad cuisine options that surround all Canadians!

In Montgomery alone, we can “sup” on food originating in different regions of China, the Middle East, Korea, Austria, Vietnam, Mexico, as well as Alberta Beef, and more. As I reflected, I remembered so many times on my travels asked, “what is the typical Canadian food?” In France, you will eat French food; in Japan, Japanese; in Türkiye, Turkish food; in Colombia, Colombian; and so on. Their national cuisines reinforce their identity. Well, dear reader, so does ours!

Canada is diverse and multicultural. We celebrate that! Our multitude of world food options is a reflection of the richness of our national cultural diversity! We eat it, we love it! When we travel, sometimes we get a little weary of the singular cuisines of the places we visit and wish: Can't we choose curry? Or pizza? Or shawarma? Or Korean BBQ? Or a taco? We can do that at home, right? In point of fact, we are eating our Canadian diversity and identity without realizing it.

So, let's admit it: “we are what we eat”—our diverse population brings a richness of colours, flavours, and textures into our daily lives. It's our identity! And it can be reinforced right here in Montgomery at our many international Canadian eateries! And most offer MCA members a 10% discount!

Ballroom Dancing Private Lessons!

Val from Mr. Valentines Dance Academy is now at the MCA offering one on one instruction. Monday and Wednesday evenings. Reach out to our manager Spike at manager@mcapeople.com for more information concerning times, cost, and more!



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- Golden West Restaurant
- Pazzers
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- Abbey's Creations
- Hi Ball Restaurant
- Fringe Coffee
- Vitaminboba In Montgomery
- Rising Tides Taproom
- Montgomery Village Veterinary Clinic
- Gas Tech Heating and Fireplace
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Let's Talk About Seniors' Care!

Have you ever laid awake at night worried about your own care needs or those of someone else? If so, you have a lot in common with paid care staff, family caregivers and seniors who attended a recent event on the International Day of Older Persons.

Almost everyone at the event spoke to the additional work they were doing in the face of inadequate public services in Alberta. Those who rely on care described jumping through hoops to try to access services, with long waitlists for appropriate care.

Family caregivers also talked about additional work to "pick up slack" when home care doesn't show up or when paid staff in facilities are stretched thin. These days, it seems like a dominant policy assumption that those who need care will have a daughter to do it. It's too bad we don't all have kids!

Paid care staff also told stories about "picking up the slack" – coming in early, staying late or working through their breaks, with staffing shortages, and with narrow definitions of what kind of "care" they can offer.

Those who rely on care, those who provide care, and those who have concerns about their future care needs, have a lot in common. It's worth getting together to discuss.

Janna Klostermann is a Montgomery resident. She is an Assistant Professor at the University of Calgary Department of Sociology. Janna is the author of - At the Limits of Care: Gendered Work and Stories that Matter!

Gift Cards



Our thanks to all our new members. Thank you for supporting the Montgomery Community Association!

These nine individuals have received gift cards as a token of our appreciation for joining. We only wish we could give gift cards to everyone!

- Lorna Rye - \$200 Montgomery Wellness
- Brendan Long - \$200 Montgomery Wellness
- Candelaria Konrad - \$100 Notables
- Maria Vanderham - \$50 Rising Tides
- David Baker - \$50 Abbeys Creations
- Heather Jewell - Lotus Nails Manicure
- Rachelle Henkel - Lotus Nails Manicure
- Kyle Bly - Lotus Nails Manicure
- Marguerite McVicar - Lotus Nails Manicure

Thanks to these great merchants in Montgomery for providing gift cards. And a special thanks to board member Jim Courtney for his contributions!

Drop In Pickleball at the MCA Centre



Monday, Wednesday, and Friday afternoons from 1:00 to 3:00 pm. \$7 drop-in fee. Cash is preferred. Credit cards and debit cards accepted.

We are one court, rotating drop in. Expect to laugh. Lots. Especially at oneself.

This is a fun community group you will be a part of; it grows and shrinks with the seasons and travel plans.

Drop in one afternoon, meet the herd, and stay active with this low impact, incredibly social sport. Mid-level skills, please, these particular sessions are not for first timers.

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