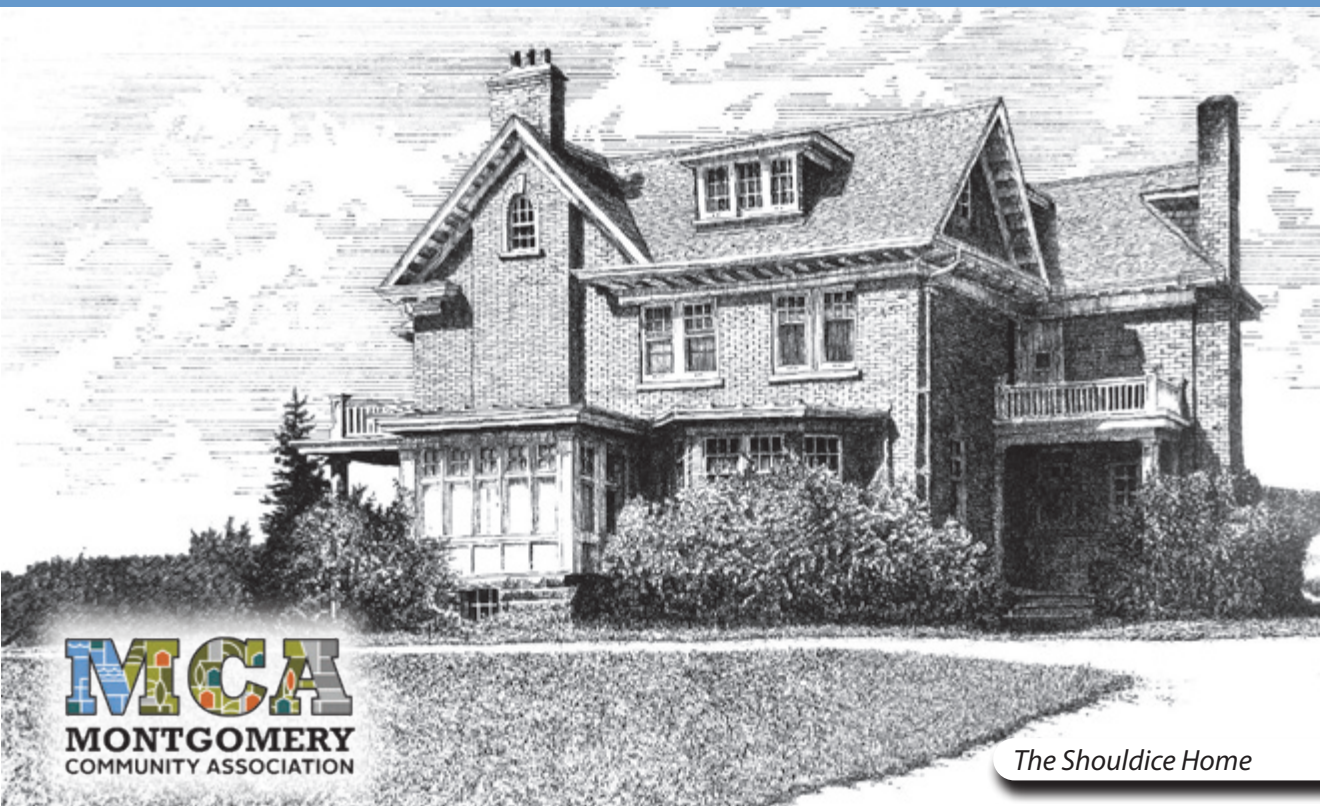


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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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On the Cover

The Montgomery area was initially settled by O.A. Critchley, a British rancher. He purchased the land in the 1880s for \$3 an acre. In 1906, James Shouldice purchased Critchley's 480-acre ranch. The Shouldice family initially lived in a wooden ranch house along the riverbank but soon built a stately red brick house on top of the hill. The Shouldice Home (as shown on the cover) was a 25-room mansion, resplendent with a gleaming spiral staircase and oak trim, and panoramic views of the valley. In 1937 the Shouldice Home was converted to the Calgary Crematorium. Despite its landmark qualities the Shouldice Home (Crematorium) was demolished in 1974 because of worries over slope destabilization.



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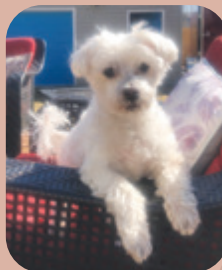


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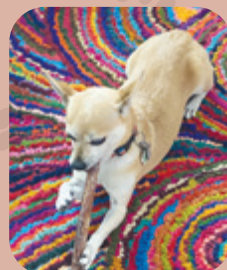
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MCA

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Community Contacts

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

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Stay Connected with the MCA

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Newsletter Submissions	jaybedford@gmail.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

YOUR CITY OF CALGARY

The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the "Where Do I Vote?" tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at electionscalgary.ca/vote or by calling 403-476-4100.





President's Message

Good day fellow Monty's! We're back with another update from our association. We have some exciting items to announce!

First – we're hoping to have the outdoor ice rink back. It was a fun-tastically great experience for all the skaters we have in the community. If you would like to help out with this project, please reach out to president@mcapeople.com and we'll graciously get you involved.

Second – we already have quite a few bookings but are always looking to fill some empty spots that may arise due to cancellations or slower times. If you need a venue to host a special event or hold a meeting, email our manager or try the link to facility rentals on our website at mcapeople.com.

Next – we have new tenants in the building including a preschool. The Preschool is a parent co-operative for 3- and 4-year-old children. They have experienced, certified, and passionate teachers who create a wonderful environment to play, discover, learn, and create. More info at calgarypreschool.com.

Also – lots of activities for your children or grandchildren. Register them for gymnastics, karate, in-line skating, and the rest we offer. Lots for seniors as well. The link to a full list of programs is also on our website at mcapeople.com.

We're always busy to serve you best. We appreciate any feedback you may have on any of our events, programs, and facilities. If you see something you would like to see more of, or even less of in the *Messenger*, please send feedback to our amazing vice president at: vp@mcapeople.com.

Until the next issue – stay warm! It's getting chilly out there.

Kind regards,

Shane Corriveau



Montgomery Green Thumbs! Have you completed your prep for the cold upon us? As you know, gardening requires warmth, something we always relinquish as mother nature takes us into winter.

Remove residual water! Remember water expands when freezing – thus breaking seals and hoses alike. Even metal doesn't stand a chance to ice.

Remove rust! Sandpaper, lightly used, can extend tools greatly. Or try vinegar making sure you wipe all away once complete.

Dry all tools! Even water or vinegar on a small scale can pit or erode your most valuable items.

Sharpen your tools. You can do this yourself if you are knowledgeable and if not, there is a professional sharpener in the area that can help. Find him with a search!

Lubricate tools, especially moving parts! A quick shot of a light lubricant will help moisture stay away and keep moving parts working efficiently for the next season.

Boiled linseed oil is great for wood. Remove potential wood pieces capable of splinters. You don't need that for next season!

Inspect and store accordingly. You want the tools safe and protected from any elements, even if they're in a shed or garage.

Winterize your lawn mower. Always remove all gasoline from the tank as it degrades over several months and will clog up the systems.

As we close another year of gardening, we thank you all for your attention to our newsletter. If you have enjoyed the content and enjoy gardening, join us in March when we see the snow fading away and green coming back. Have a lovely winter – enjoy the fruits of your harvest!

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

Indoor soccer starting September 21.

Sunday mornings. Ages 2.5 to 5.

For information call 587-287-4513.



AHS Healthy Living Series

Better Breathing Workshop
October 16 from 1:00 to 2:15 pm.

Try a Little Self Kindness
November 20 from 1:00 to 3:30 pm.

No charge. Walk in.



Frankenfilm!

Join us October 11 and again on November 8 at 7:00 pm for Frankenfilm. An old movie with

live actors. Improvisation at its best!



Barbaro Klub Sober Dances

October 18 Halloween dress up. From 7:00 pm to midnight. \$15 at the door. Open to the public.



MCA Annual Festive Market

We've moved the date of our Christmas Market up to November 22.

Now accepting bookings from artisans and creators. Six-foot table: \$60. Eight-foot table: \$80.

For information, call the MCA office!



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>.

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We're falling into new events. Pun intended!

Improv comes to the MCA in October! The event is called Frankenfilm. Two sessions: October 11 and November 8 starting at 7:00 pm. They take an old movie that is chopped up and stitched back together with an artist to play the live soundtrack and voice actors who are improvising on the spot. These voice actors have never seen the film before so it's improvisation at its best!

The AHS Healthy Living Series continues on Thursday afternoon October 16 from 1:00 to 3:00 pm. It's a free in-person Better Breathing class at the Montgomery Community Centre. No registration required. No charge. Drop in. We look forward to meeting you!

The Carya Baby Massage and Song sessions don't start till November, but you have to register in advance. No better time to do that than right now. These classes fill up very quickly. There is no charge for these classes that will run on Tuesday mornings from November 25 to December 16 from 9:30 to 10:30 am. To register, contact FIC@caryacalgary.ca.

On Saturday evening, October 18 another one of the extremely popular Barbaro Klub Sober Dances. This one has a theme. After all, it is October. So, Halloween dress up! From 7:00 pm to midnight. \$15 at the door. Open to the public.

A reminder. With the preschool occupying the MCA Centre Monday to Friday morning, we have changed our office hours for the Montgomery Community Association. You can check in with us in person Tuesday to Friday from 1:00 to 5:00 pm.

Our website is mcapeople.com.

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, October 18

- 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.



Does your workplace use a Learning Management System (LMS) to offer custom online training to the staff?

Mine does, and during the COVID pandemic, when we were asked to limit contact with one another, we ran into a problem. Certain departments had vital information they wanted to share that was typically done through all-hands meetings in person. Since that was no longer possible for a time, we decided to record the presentations and share them with the workers using our LMS system. They could have used an app like Teams, but 75% of the intended audience were shop workers without access to a phone or computer on the floor. They were allowed to use their LMS mobile app once off the workspace and watch the meeting on their schedule.

Using the LMS had the added benefit of being able to track whether or not someone had watched the video, with the ability to send reminders if they didn't. Since you can also add surveys and tests to LMS content, the purveyors of the information could also ask for feedback from the people who watched the videos to sense if they were engaged.

We still use this LMS delivery system today, because it gives the workers the flexibility to watch the presentations at a time of their choosing, removing one more forced interruption from their work rhythm.

Karl Plesz

Your Productivity Guru



Manager's Meanderings

Meander: to wander casually without an urgent destination. Pretty much describes my fave conversational method. It allows for sharing of ideas, if you can keep up, or slow down enough. Mostly though, it not only allows for listening, but it also encourages it. "Hearing" others is a lost art these days. Too bad, because we are at a crossroads in our society where listening is crucially important for us all to move forward, to grow... possibly to survive.

An old mentor liked to say, "are you listening to respond, or are you listening to learn?". Brutal question, begging us to be honest with ourselves. We all have preconceived ideas about what the other person in our conversation is going to say, a parent, a child, a friend, a politician. Allow them to surprise you. Take the moments needed to toss those expectations out the window. Who knows what you may learn, about the world, others, or yourselves.

Book Report: remember books? Awesome invention. Got us outta the caves. Allowed us to share ideas, concepts, opinions, travels, history. I have been reacquainting myself with the Calgary Public Library's offerings this summer. Ironically, I cannot "put into words" how much this exercise has added to my life. I am grateful for the people who work and volunteer within the CPL organization, they have tolerated my meandering questions calmly the last few months, and if they didn't have an answer, they got back to me. Warriors battling for side of learning... and listening.

PS: Don't forget to vote in the Municipal Elections on October 20!



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



It's The MCA Annual Festive Market

We've moved the date of our Christmas Market up to November 22. Now accepting bookings from artisans and creators.

Six-foot table: \$60. Eight-foot table: \$80.

For information, call the MCA office at 403-247-3116 or email Spike at manager@mcapeople.com.



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.

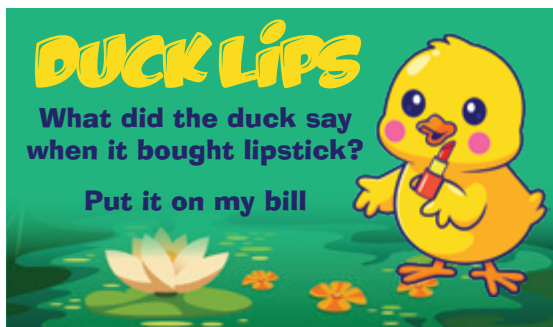
- List of upcoming events.
- How to rent the facilities.
- Find out about the Association.
- Acquire a membership.
- Benefits of a membership.

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!



by Anne Burke

The first recorded land occupancy of Nose Hill was an 88,000-acre lease in 1882. Large range leases were bought by well-financed ranchers, such as Senator Patrick Burns, who purchased most of two sections of Nose Hill. Cattle grazing occurred until Nose Hill was established as a park. Crops, such as wheat, oats, and rapeseed, were first grown on the plateau in 1907. Privately held farmland was horse pasture until 1912. The negative impact of horse and cattle grazing was widespread on slopes and ravines. However, it helped to control taller nuisance weeds, such as thistle and common nettle.

By 1910, Calgary's boundaries extended north to 48 Avenue. Residential development between 1945 and 1959 pushed as far north as Capri Avenue and east of 14 Street as far north as 56 Avenue. Aerial photographs reveal traffic to and from fields on the Hill to sites in the ravines and gullies along the escarpment. There were many old vehicle trails. Pickups and 4x4 trucks on the Hill used the sloping benches south of 56 Avenue and east of 24 Street. Trail development and use by walkers increased with the Winter Club.

Gravel mining began in 1961. Many Owls Valley was part of the route for commercial trucks on the main road and along the ridge on the south slope of the valley. Severe damage was caused to slope crests and the top of hummocky areas. Construction of John Laurie Boulevard in 1968-69 caused overuse in areas without fencing. More people trespassed on private lands north of the Boulevard or drove to riding club stables south of the gravel pit. There were many horse trails and dirt bikes, walkers, and joggers from 1975 to 1980. Agriculture on the Hill was suspended in 1979.

Montgomery Memories Part Nine - Sports and Recreation



Winter in Montgomery was always very dark and cold but didn't seem to stop many of the residents from getting outdoors. Hockey was vital and many teams spent countless hours enjoying their sport.

The Montgomery Community Centre was an integral meeting place because of the well-maintained outdoor boarded hockey rinks and the "Warm-up" Shack. This building was the original home of Eldon Hoffman and donated for this purpose. It was demolished in the 1980s.

Flooding of the rinks and maintenance of the ice rinks and rink boards were all done by volunteers. Lorie Nikiforuk remembers that it was not uncommon to see a dozen fathers working as a team to scrape the ice between second and third periods. Nick Zahara recalls that after shovelling snow up to three feet deep, parents would look after little frozen fingers and toes. All of this activity took place in an atmosphere of collegiality and community spirit.

There were organized boys' hockey teams at all levels. Some of these players went on to play or officiate professional hockey, e.g. Archie Henderson (NHL-Hartford), Mike Berridge (semi pro), Don Henderson (a NHL Linesman), Jeff Fergusen (Major Jr-Billings Bighorn then to Lethbridge), Mike Brodeur (NHL farm team: Chicago 7th round draft, 2003 21st overall), and Bobby Richter (Jr "A").

Girls' hockey was also a strong part of the community hockey program. Janet Kruger and Lorie Nikiforuk went on to play for the Alberta Wild Roses Senior "A" Ladies hockey team. Many of these young women paved the way for our current strong showing in international women's hockey.

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



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!

Bike Parks and Pump Tracks

by Family Fun Calgary



Do you remember being a kid and the joy and freedom of riding a bike? Pedalling up the hill as hard as you could and then enjoying the thrill and the wind in your hair as you flew down (kids, wear your helmets). Bike parks and pump tracks have been popping up all over Calgary, and they are a fantastic way to get active outside, plus build amazing skills.

Whether your child is just beginning to ride their balance bike or they already amaze you with their tricks, check out these Calgary and area bike parks for a season filled with active, and usually free, fun.

- Chestermere Family Bike Park
- Fairview Pump Track
- Fish Creek Bike Skills Park
- Inglewood Bicycle Pump Track
- Montgomery Bike Park - MacKay Road near Shaganappi Trail
- Silver Springs Pump Track
- South Glenmore Bike Skills Park
- West Confederation Bicycle Pump Track
- WinSport Mountain Bike Park

Family Fun Calgary is a digital media publication that provides daily local content to an engaged online audience of parents in Calgary, Alberta.

Reprinted with permission!

Editor's Note: The Montgomery Community Association is proud to see that the Montgomery Bike Park is listed in this article. The development and the maintenance of the bike park is a huge undertaking, and we salute Gord Jones, Dave Kelly, Sean Messina and their crew for their ongoing dedication!



Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

Where hot springs flow from long ago
Where mountain trees did younger grow
A Sasquatch soaked in water hot
And all his problems there forgot

But then one day his world would change
His dear ol' Rocky Mountain range
Banff National Park, the first to be
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed
His favourite hot pool left behind
He at the top made cave of snow
And cried alone in moonlight's glow

From high above he got to scheming
He'll go back down while Banff was dreaming
So, down below he'd go at night
And back up top by morning light

Where hot springs flow from long ago
Where mountain trees now older grow
A Sasquatch soaks in water hot
With one eye open, lest he be caught

Reflections!

Here's something adventuresome to do right here in "the 'hood"!



Have you noticed that we have back alleys in Montgomery? Well, they present a great alternative walking route! If you have already taken advantage, you will know that surprises await you as you stroll down our alleys! Our first clue may be the following. The term "back alley" is slang for "dirty, unprepossessing, sordid, clandestine", according to the dictionary.

Back alleys are disappearing in urban environments and purportedly only now seen in older communities like ours. Our back alleys are unpaved, meaning they absorb rainwater and snow runoff and hence are environmentally friendly. Most of all, they offer a different lens onto our community. Quick! Before winter comes and the alleys become full of snow and ice, zigzag through the community in the back lanes. There you will enjoy discovering some cool back buildings and structures, a whole new diversity of flora and fauna that might surprise you, and also people and activities that only can be seen in the alleys.

In May, I pick lilacs in the alley to put in a vase in my living room. I actually have a patch of rhubarb behind my house available free for harvesting by lane users. We have some marvellous out-buildings, fencing materials, and backyard attractions that can only be appreciated from the lane. Ignore the myriad garbage bins. I suggest, especially, that our neighbours who have pets on leashes pay special attention to the alleys. They are fun, clandestine, spontaneous spaces, and they are pet friendly! We are blessed to have them! See you in the back alley!

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- Insight Acupuncture and Massage
- Fishman's Personal Care Cleaners
- Bubble Tea Brewers
- Club House Family Restaurant
- Golden West Restaurant
- Pazzers
- Five Spice Kitchen
- Abbey's Creations
- Hi Ball Restaurant
- Fringe Coffee
- Vitaminboba In Montgomery
- Rising Tides Taproom
- Montgomery Village Veterinary Clinic
- Gas Tech Heating and Fireplace
- Good Samaritan Thrift Store
- Allan's Flowers
- Alberta Vacuum Experts
- NOtaBLE - The Steakhouse
- Bowness Arts
- Outlash Beauty Boutique
- The UPS Store in Bowness
- Montgomery Wellness Clinic
- Travel Gurus

Details about the MCA 10% Discount Program are available on our website at mcapeople.com.

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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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1KM & 5KM. INCREDIBLE RIVER VIEWS.
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SWAG BAGS! PRIZE DRAW! AND MORE!

SUPPORTING ➔



**Calgary
Humane
Society**



SATURDAY, NOVEMBER 15, 2025

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