

SEPTEMBER 2025

DELIVERED MONTHLY TO 3,300 HOUSEHOLDS

MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



Ama'hna'bino

MYKE ATKINSON

VOTE INDEPENDENT!  **WORKING  WARD 7**

READ THE PLATFORM



MYKEATKINSON.CA

On the Cover

Ama'hna'bino is a 126-kilometre, three-day journey from Morley to Calgary and back, under the heat of the summer sun. And 2025 marks the fourth and final year for the walk started by Robbie Daniels in 2022. The walk serves as a reminder and hopefully some closure to families and friends who've lost loved ones to addiction, suicide, or violence.



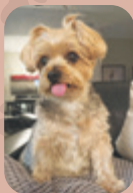
Cats, Canines, & Critters of Calgary



Harley, Cranston



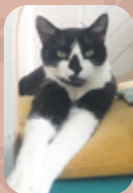
Jasper, Glenbrook



Lulu, Signal Hill



Mika,
Richmond Knob Hill



Mr. Fuggs,
Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

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Dr. Thulani Gumedé, BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

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Election Day: Oct. 20, 2025

ElectionsCalgary.ca/For-Voters.html

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- **Smart Growth, Not Blanket Rezoning**

Planning growth that fits the community—preserving character while welcoming thoughtful development.

- **Tax Dollars Delivering Results**

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- **Safe Spaces, Secure Places**

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- **Free Residential Parking**

Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.

- **Clean and Vibrant Downtown**

Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.

- **Public Engagement, No Surprises**

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- **Visit, Watch, Listen, and Learn**

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MCA

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Treasurer	Ethan Macdonald
Interim Secretary	Jason Sokolosky

Directors

Holly McBride	D'Arcy Williams
Jim Courtney	Ken Adams
Donna Adams	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	Demitrios Nicolaides 403-216-5400
MP	Corey Hogan 403-410-2121

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

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President's Message

Can you believe it's fall already? The first eight months of the year have been busy indeed with fabulous events like the great big picnic, our inline skating camp, and partnering with our brand-new preschool just to name a few. We are hosting a great number of activities and events throughout our facility, and the fall launches our busiest time of the year.

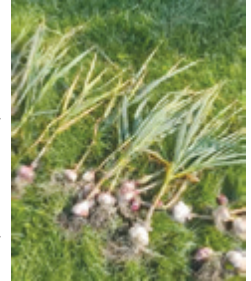
Perhaps most exciting of all, the launch of our new web page and software systems. We have partnered with this amazing suite of software called Communal, and it allows us to better accommodate members, volunteers, and the renters we have at the facility. You can easily use our calendar to book a space in our hall or boardroom. Whether it's three or 300 people at your event, we have you covered. Further to this, we have an excellent kitchen layout maintained at Alberta Health Services standards where you can cater to as few or as many as you can handle. Go to www.mcapeople.com and give us some feedback!

As we strive our best to maximize efficiency, soon our Centre will undergo heating systems renovations giving us state-of-the-art environmentally friendly heating capabilities. You may have noticed that outside our building now, we are super "lit up" as we've installed brilliant yet energy efficient lighting. This ensures we keep a very safe facility even in the darkest hours of the winter ahead.

I cannot state proudly enough of how our team here at the MCA is serving you, our great members from Montgomery. Please spread the word to your neighbours and friends that we're always looking to bring on more members! Also, if you see any of our team, please make sure to say thank you as we have volunteers on the board and staff that keep the MCA running like a clock. Thank you!



Happy autumn to you. We don't know about you but we're full. We are full of bounty from our harvest, we are full of gratitude, and we are full of comfort. We have had a great growing season, and it is still going strong. From the first harvests over the summer of raspberries, strawberries, and haskaps, to the later harvests of potatoes and tomatoes, not to mention beets and peas and garlic, we are a plenty. We all know Thanksgiving is soon upon us!



This all said, we know that the fall is a cooling period in preparation for winter. And thus, we are constantly cleaning our grounds and maintaining all the ability for growth and harvest as we can at this time of year. How about you? You may want to consider, even from early spring, composting. We constantly do this in the warm months to replenish and renourish the life that our garden gives to so many. It's as important as the gardening itself. For example, did you know that humble eggshells offer fabulous calcium and magnesium deposits to replenish the soil? They also help ward off other creatures wanting to take advantage of the growth! How about those old bananas you didn't get the chance to eat? One of nature's most perfect foods, bananas, even when black and soft, are terrific for your soil. Do not throw in the truly wasteful garbage can—bury them!

In today's world, where we're trying to give back to Mother Nature as much as she gives us, let's all think about how we can even feed the worms, those wriggly little creatures that really enhance the workhorse of the garden. So much to be thankful from our gardens and nature, let's give back what we also receive in the plenty bounty that is upon us.

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.



Baby Parent-Child Mother Goose

Tuesday mornings. September 9 to November 18. 9:30 to 10:30 am.

There is no charge for these classes, but registration is required. FIC@ caryacalgary.ca.



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.

September 17 to October 22.

For information call 403-262-4404.



Little Kickers Soccer Classes

Indoor soccer starting September 21.

Sunday mornings. Ages 1 ½ to 8.

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.

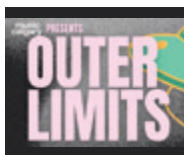
No charge. Walk in.



Nakiska Alpine Ski Association

Annual Used Equipment Sale.

To be held all day September 14.



Outer Limits

Introducing young musicians to a new audience in Calgary's Northwest. All ages. Tickets at the door.

September 19, 6:00 to 10:00 pm.



Neighbourhood Food Week

Food Week Panel Night.

September 26. 6:00 pm.

Dinner served by Salt and Pepper for the first 140 registered guests.



Barbaro Sober Dances

Open to the public.

October 18 and December 13.
7:00 pm start.

No charge!



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!



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, September 20

- 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.



**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Celebrating
115 years
of helping
Calgarians
in need



Saturday, September 27

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



**Get great deals on household goods,
clothing & shoes for all, fashion
accessories, vintage & boutique items,
collectibles, art, books, toys & much more**

Don't forget to bring your tote bag!

Back by popular demand:

- Concession
- Parcel Pickup

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need (Cash Only)**



MCA Pickleball moves to afternoons! Play pickleball at the Montgomery Community Centre. Monday, Wednesday, and Friday from 1:00 to 3:30 pm. Only \$7 drop-in. Or monthly punch cards for \$60.

The Seniors Let's Move sessions are back! Stretch, breathing, and balance. Thursdays, September 11 to December 18, 1:30 to 2:30 pm.

A new series of the Baby Parent-Child Mother Goose program. Tuesday mornings, September 9 to November 18, 9:30 to 10:30 am. There is no charge for these classes, but registration is required. FIC@caryacalgary.ca.

In-line skating lessons are back for the fall season every Wednesday starting September 17.

Ages 6 to 8 from 5:15 to 6:15 pm.

Ages 9 to 12 from 6:30 to 7:30 pm.

Indoor soccer for kids is back indoors starting on September 21. Sessions are held Sunday mornings for ages 1 ½ to 8. For information, call Little Kickers at 587-287-4513.

The always popular used ski equipment sale will be held all day September 14. Sponsored by the Nakiska Alpine Ski Association.

The Outer Limits crew are back with another music night that brings young musicians to Calgary's Northwest audience at the MCA Centre. All ages. Tickets at the door. September 19, 6:00 to 10:00 pm.

New Office Hours

Here are the new office hours for the Montgomery Community Association: Tuesday to Friday - 1:00 to 5:00 pm.

Facility tours are available after hours by appointment!

Graphic from Vecteezy.com.



Manager's Meanderings

by Spike Richards

Food sustainability. A very tall, wide, and deep-rooted conversation. Which is a good thing. Because we are again working with our friends at the MCA to share a full week of opportunities to connect and explore the concept.

This year's Food Week Kick Off is September 20 at the MCA, 12:00 to 3:00 pm, comprised of a light lunch and an old-fashioned Bake Off. This is a family-friendly event, you are invited to involve yours with the conversation. We will collect non-perishable food donations to share with the Trellis and Children's Cottage community pantries. And the conversation will begin.

Sunday, September 21, 5:00 to 7:00 pm, a Doc & Dine documentary and discussion evening upstairs at MCA. Carolyn from Green Calgary returns with another enlightening and interesting workshop in the MCA Centre kitchen Tuesday, September 23. MCA is hosting a special Seniors Brunch Wednesday, September 24. To close off the week, we will be hosting a Panel Night discussion and light meal at the MCA Centre Friday, September 26, 6:00 to 9:00 pm. Check out our social media for updated information and links to register!

For me, as a fellow who lives in a food-rich yet summer-short special space on our blue marble, and has worked in and travelled through numerous regions who are not so blessed, "Food Sustainability" is all about ensuring everyone has access to nutritious foods. It is the basis of a crucial human support system that balances both economic and environmental needs at the growth, production, and distribution levels. Mostly though, it is about ensuring the needs of all my world neighbours are met today, and well into our shared future. I hope to see you out at these September events, please do say hello!

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just dropped.

Swish U/D is filling up
fast. Now booking new
appointments.

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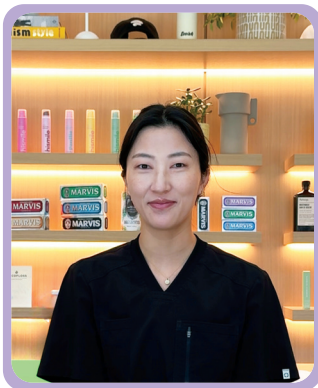
Meet Dr. Jade Park.

Now booking appointments with our newest U/D Dentist.

Dr. Park has been bringing an upbeat, warm energy to the Swish team since spring 2025. This girl knows Alberta through and through, having been born in Red Deer, AB and spending much of her childhood between Edmonton and Calgary. Craving a change of scenery, she made the move to Winnipeg to pursue a Doctor of Dental Medicine degree at the University of Manitoba. Upon graduating, she relocated back to Calgary, where she calls Swish U/D home.

Dr. Park is extremely passionate about creating a welcoming and comforting dental experience for every patient who walks through our doors. For her, education is key. She takes the time to walk patients through every step of their oral health journey, with the hope that each patient becomes as enthusiastic about their care as our team is.

Outside of the clinic, you can find her exploring the city or outdoors with her friends and family. From hiking new mountain trails, to giving cross-country skiing her best shot in the winter, she's always ready to take on a new challenge or try a new restaurant. Next time you're in, make sure to share your favourite hiking trail or restaurant with her.



Book your next visit with
Dr. Park today!



Last minute summer touch-ups? We've got you.

We're just here to help you feel your best, whatever that looks like for you.
We've got more aesthetics appointments coming soon to U/D, stay tuned.



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Book in Online

Simply scan this QR code to select your appointment time and submit a request. Be sure to select U/D as your preferred location.



Say ahhh...

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



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Very Social Seniors!

We are moving the 60+ Potluck Brunch to the third Saturday of the month. The timing of the event remains the same: at 11:00 am we mingle, at 12:00 noon we lunch, at 1:00 pm it's a guest speaker, music, art, or craft... something fun!

On Saturday, September 20, we are going over to our neighbours at the Bowness Community Centre to lunch with a bunch of other folks for the Food Week Kick-off event.

On October 18, Billy's Barbershop Quartet is going to harmonize the MCA house! November 15, we have a few ideas. December 20, ho ho ho!



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.



Not 100%. You have to understand that AI tools are programmed to try their best to answer your question or perform your task, but there are limitations. How recent is the data in the model? How much does the model leverage what's currently online? Does it use reasoning to question itself on the answer before giving it? Here are some things to consider when using AI in terms of its reliability.

Treat every AI answer as draft notes from an enthusiastic intern—helpful, but unvetted. Large language models are trained to sound fluent, not to guarantee factual accuracy. Do a quick gut-check. If a claim feels surprising, pause before accepting it. Demand citations—and open them. Missing or broken citations are an instant yellow flag; a citation that doesn't actually support the point is red. Check the sources and look for other ones. Probe the AI's uncertainty. "List reasons your answer might be wrong" or "Rate your confidence 0 to 100 %." When you do catch an error, feed the correction back to the AI and see how the answer changes. It turns fact-checking into an iterative conversation. Use a 'reasoning' model that simulates thought processes better and will question its own conclusions.

Four Analogies to Remember

AI as an improv actor—great at staying "in character," but will riff if it doesn't know its lines.

AI as an over-confident GPS—almost always on the right road, occasionally wants you to drive into a lake.

AI as a blender—it purées everything in its training data; your job is to strain out the pulp.

AI as a first-draft factory—speedy and tireless, but your editing is where accuracy is forged.

Karl Plesz

Your Productivity Guru

Facilities

by Spike Richards

We have made a leap and have automated our Facility Rental process at the MCA Centre.

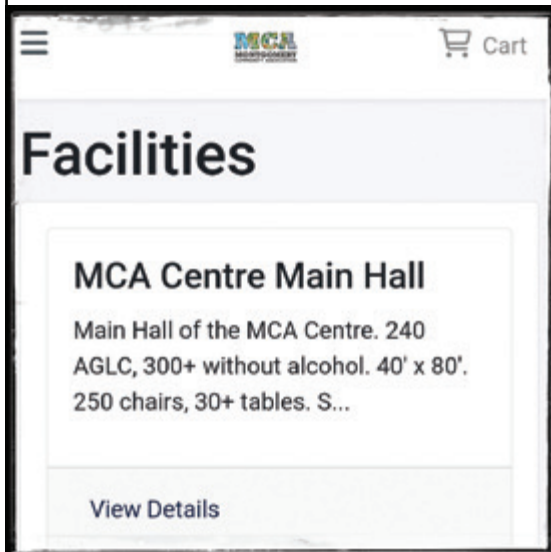
As the designated juggler of paper, I am openly happy we are moving into the Communal platform. My heartfelt thanks are extended to the supplier's team at Get Communal on this transition!

We are still looking for the same basic information to begin an MCA Centre space rental discussion: date, time, how many people, all ages, alcohol served or sold, food prepared or just served. After that we get into the chairs and tables, style and count, live music, DJ, speaker, our sound or yours, stage, screen, etc.

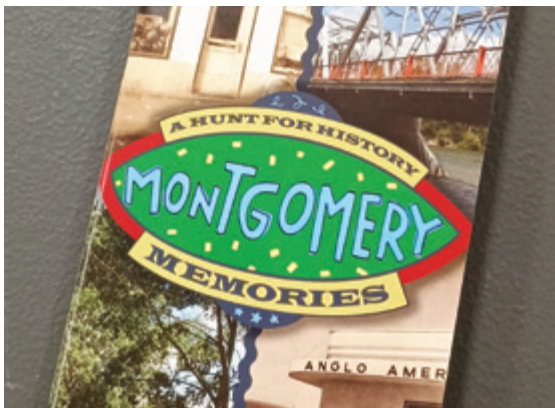
We can accommodate 300 individuals in our main hall or 248 people with your AGLC license. If you are doing tables, dance floor and a band, our space mingles and moves rather well in the 140 to 170 attendee range.

We are now actively receiving bookings well into 2027, so do not delay and miss out. Do reach out to me at manager@mcapeople.com for a tour and a talk.

Or visit our website at mcapeople.com.



Montgomery Memories Part Eight - Education



Terrace Road Elementary school was built on 2.94 acres in 1952 and named after the road that ran adjacent to the property (now 46 Street). The original Terrace Road School was constructed from army buildings that originated at the Mewata Armory and later became Saint Bernard's Elementary School (part of the Catholic School Board). This school now exists as Shouldice Manor, a seniors' residence!

The current Terrace Road Elementary School (Terrace Road #2) has fourteen classrooms and a large creative playground built in 2002 through the efforts of parent volunteers.

Montgomery Junior High School was built in 1953 and is situated on ten acres. Originally a Senior High, Montgomery School was named after the town that it served. MacKay Road Elementary, to the south of Montgomery School, serviced students who lived in the

area from 46 Street to McKay Road. Originally it had no gymnasium and former students fondly recall taking music in place of physical education. Montgomery School was later physically connected to MacKay Road Elementary School, and the name was changed to Montgomery Junior High School.

Note: Montgomery Junior High School was closed in 2011 due to declining enrolment. The school was built for 750 students, but there were only 200 enrolled when the decision was made.

School provided many fun times. Names were drawn out of a hat for the Christmas gift exchange; the cost of the present was not to exceed \$1. Ron Kerns said his favourite presents were from one of the Omilusik kids, which was usually a beautiful handmade leather item made by their father, the town shoemaker.

Recess activities included tag, skipping, hopscotch, jacks, walking on stilts, throwing India-rubber balls to rhyming songs, and playing marbles. Marbles was outlawed when it was decided it resembled gambling! Each morning teachers would check hands for cleanliness, and "O Canada" and "God Save the Queen" were sung.

Barbara Hauck recalls with fondness Mrs. Smith, a teacher who also owned the Bow Theatre, who provided free movie passes to students on their birthdays. Muriel and Stanley Kaun's children, along with many others, started their education in the Small Fry Co-op Play School. Established in 1953, the Co-op involved a great amount of parent participation, and cost \$3 per month.

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!



News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

Reflections!

by Denise Brown



Montgomery has always been noted for its small-town friendliness and sense of identity.

We foster this by maintaining a high degree of neighbourliness! It is becoming more and more fun to do this as new residents join our community from all walks of life, all demographics, and from all over the world. It is easy and free to develop neighbourliness, and it is guaranteed to enhance our quality of life and happiness index. Isn't that a great goal?

Let's reflect a moment on what makes a good neighbour: "Hi neighbour" is a good starting point. Waving to your neighbours as you walk or drive by and spot them in their yards works well. Most of us walk around the "hood". Take note of the new people moving in, make eye contact and shoot them a "good morning" or "welcome"! This shows interest, kindness, and builds trust.

It's a great idea to let neighbours know when you will be away. A good neighbour keeps an eye on your place, and you reciprocate of course. Safety in the neighbourhood increases as we look out for each other's homes and yards.

Neighbours don't have to be buddies, but a good neighbour will be there for a favour. The classic "can I borrow a cup of sugar" opens the communication. A good neighbour might see the opportunity to offer you help. For such a small-time investment, you find the community safer, more friendly, and more charming. Familiarity with your next-door neighbours, and those on your street, fosters loyalty and mutual identity. Our block on 23 Avenue is pretty tight, and we claim to "know all of our neighbours", hence identify newcomers and welcome them into the fold.

Bonus: if there is an issue with parking, pets, noise, or whatever, we have the open channels of communication to resolve it. We all love Montgomery, the best neighbourhood in the city!

why MCA

We are a not-for-profit organization. Simply put, we would not exist without your support.

Your membership directly enables community programming and events, like our Night Market, the MCA Festive Market, monthly Seniors Brunches, Healthy Living workshops, and many more seniors, infant, and intergenerational learning moments.

Our programs and events include karate, low-impact stretching sessions, rhythmic gymnastics, drop-in pickleball, Brazilian Jiu Jitsu, in-line skating lessons, soccer for Smurfs, live music events...

And 10% savings with a fast-growing list of local and nearby businesses!

It is collaboration at its simplest form. It is neighbours helping neighbours. And it is all based on your involvement, and it starts with your membership. Thank you!

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Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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