

FEBRUARY 2026

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

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Dr. Adefolabo Sami (Female Family Physician), MBBS, MRCGP (UK), CCFP

Dr. Olubunmi Alabi (Pediatrician), MBBS, MWACP, DCH, FCPAED

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MCA

MCA DIRECTORY

Executive

| | |
|-------------------|-----------------|
| President | Shane Corriveau |
| Vice President | Jay Bedford |
| Treasurer | Vacant |
| Interim Secretary | Jason Sokolosky |

Directors

| | |
|---------------|---------------|
| Holly McBride | Ken Adams |
| Jim Courtney | Brad Saunders |
| Donna Adams | |

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 | Myke Atkinson 3-1-1 |
| 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 |

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

Save 10 Percent!

Present your Montgomery Community Association membership card and get a 10% discount at these 36 local businesses!



- Bow Cycle
- Cal + Medi
- Bowness Auto Parts
- Deng's Dumplings
- Brewsmith Brewing Co.
- Bean & Cream
- Stem Support
- Grasby Art Studio
- Tian He Spa
- Canine Cuts
- Razor's Edge
- Liberty Tax
- Now Nails and Spa
- Pharmasave Montgomery
- K9to5 Dog Daycare & Grooming
- 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
- 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

Some limits apply. Details available on our website at mcapeople.com.



President's Message

Our Annual General Meeting (AGM) is scheduled for February 20 at 7:00 pm! We look forward to bringing you up to date on our very productive year and our facility achievements.

We will be providing snacks and beverages. Membership in the MCA is required to vote during these proceedings, and to vote, you have to be a resident of Montgomery.

However, even if you're not a member of the community, you can attend without voting and show support by becoming an affiliate member.

We should update you on several improvements we've made within the facility. The facility itself has a higher occupancy rate over the course of the past year than in previous years. After COVID, the MCA had a hard time getting back on track, but we brought in new tenants and we're able to keep the anchor tenants that we had.

On weekends, we are promoting weddings and birthdays and other family type events. If you know of someone wanting a fabulous venue to host a wonderful birthday or beautiful wedding, please visit us to discuss details. Our pricing is unbeatable!

We have a number of committees that work on the philosophy of forward momentum. If you would like to volunteer for one or more of these committees just let us know. You don't have to be a board member or part of the executive to participate. We welcome all!

We hope to see you on the evening of February 20. Thank you!

Shane Corriveau

On The Cover

At a recent MCA Social Seniors Club potluck brunch, we were wowed by the Sound Advice barbershop quartet, a part of the very large Acapella Road singing group. Our plus 60 no pressure club is growing, and we are having some fun entertainment and informative speakers coming in. Please do join us at our next "third Saturday" potluck gatherings, February 21, March 21, and April 18!

SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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

Monthly meetings third Tuesday of the month. 7:00 pm.

MCA Boardroom.



Pickleball Drop-In

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

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



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.

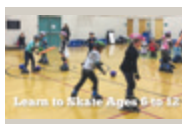


Rhythmic Gymnastics for Girls

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 12 plus advanced.

For information call 403-262-4404.

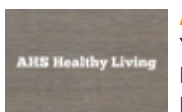


Little Kickers Soccer Classes

Sunday mornings. Ages 2.5 to 5.

Looking for a fun, engaging way for your child to get active and learn? Little kickers has you covered!

For information call 587-287-4513.



AHS Healthy Living Series

Your Voice, Your Choice. Personal Directives Made Easy – Thursday, February 19, 1:45 pm.

Understanding Obstructive Sleep Apnea – Thursday, March 19, 1:45 pm.

Your Kidney Health – Thursday, April 16, 1:45 pm.



MCA Book Club

The second Tuesday of the month from 7:00 to 8:30 pm in the boardroom at the MCA .



Barbaro Klub Sober Dances

Starts at 7:00 pm. \$15 at the door. Open to the public.

February 14, April 18, and June 20.

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.



Manager's Meanderings

A meander about apathy. Well, no, more like the opposite side of the same scale. Okay, this is a meander about involvement, interest. But also, resolutions.

We make a bunch of resolutions. Remember those 45 days ago promises to thine own self? Do more, get more involved, refollow interests forgotten, or discover new ones, meet new people? Yup, those ones. Solution: drop by our community's Annual General Meeting February 20, 7:00 pm.

No, like, seriously. If you are interested in becoming a Director, excellent, thank you. Serving on a Board can be a rewarding experience. But more, for you, is to just show up. Bring some Montgomery neighbours. Meet some other neighbours who also just want to make small differences for the betterment of the entire community. There are many opportunities to do so! And, yes, your presence helps ensure the Board who represents those interests for us is robust, involved and cohesive. Please do join us, it is important for us, and you.

Which leads us to our January 1 promises to finally fix the weather stripping. We are hosting a presentation about energy efficiency to help you with that, too. Green Calgary is presenting us a basket full of simple easy tips for around each of our homes and a basket of actual stuff to help, too! The team from Enmax has asked us to ask you to bring your last bill, and they will make sure we are on the best-est plan. You do need to preregister for this one (February 15 at 1:45 pm).

If sobriety is part of this year's chapter for you, DJ Jeremy Barbaro's Klub Sober Dance is on February 14 Valentine's Day. These are a lot of fun. It'll help with that fitness resolution, too!

Important resolution is communicating our wishes clearer. Well, AHS is back in the Boardroom with a two-hour presentation on choosing our Personal Health Directives. This is crucial information for EMS and health care providers to have in an emergency: February 19 at 1:30 pm.

Michael "Spike" Richards



Energy Efficient Workshop

Sunday, February 15, 2:00 to 5:00 pm

A live presentation in the MCA Centre Main Hall, to mentor our members and guests about easy energy efficiency techniques that will make our homes more comfortable, energy and water efficient... and affordable!

We will provide in-person participants with an Energy Efficiency Kit to get them started on their energy-efficiency journey.

Thank you to Green Calgary and Enmax for sponsoring this workshop. Participants are invited by Enmax to bring their utility bill to ensure they are paying the lowest amount.



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, February 21

- 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.



ANNUAL MEETING



Annual General Meeting 2026

Friday, February 20, 2026, 7:00 pm

The AGM will be held on Friday February 20, 2026, starting at 7:00 pm in the Main Hall at the Montgomery Community Centre.

Everyone Is Welcome!

If you're a resident of Montgomery and have an active MCA Membership, you will have voting privileges. Memberships fall into three categories: Senior, Adult, Family. A family membership includes two adults: both with voting privileges.

Join Us to Discuss Our Future!

Montgomery Community Association

5003 16 Ave NW, Calgary, AB T3B 0N2

403-247-3116 | mcapeople.com

Montgomery Community Centre - Corner of 16 Ave NW and Home Road.

Across Home Road from Tim Hortons.





Survival in the workplace in 2030

Reports that are modelling what the workplace will look like in the coming years offer the following skills as being necessary to survive.

AI Literacy - Identified as the highest ROI skill that can be built in the shortest amount of time. This involves understanding what AI can and cannot do, when and how to use it and how to work with it effectively.

Analytical Thinking - Even though AI can provide data and identify patterns, humans must be able to assess the quality of AI's output. This skill is one of the top differentiators between growing and declining jobs.

Creative Thinking - AI can only remix the past, while human creativity is unbounded, shaped by emotion, intuition, and lived experiences.

Resilience, Flexibility, and Agility - This skill cluster saw a massive increase in demand, moving it from the nice to have category to the you're not getting hired without it category. Rigid workers who rely on stable conditions are very likely to be left behind. This is about bouncing back, adjusting approaches, and being willing to move forward even when things are uncertain.

Leadership and Social Influence - Key aspects of leadership include clear communication, building trust, making decisions under uncertainty, and emotional intelligence.

Dependability and Attention to Detail - Separates competent professionals from exceptional ones. Attention to detail is critical because even AI systems can hallucinate, requiring a human to catch and fix errors.

Motivation and Self-Awareness - Self-aware people know their strengths and weaknesses, understand how they are perceived, and know when to ask for help or double down. Professionals are increasingly responsible for their own career development, and you cannot improve what you do not acknowledge.

Always be curious, strive to learn new things from the best, and let learning become a regular habit.

Karl

Your Productivity Guru



Februum

The month we now call "February" has had many different names. Due to the wet conditions, "Solmonath" was used in Old English and means "mud month". The current name derives from the Latin term Februum (purification or to cleanse), and the Roman festival of purification called Februa.



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Bring a
friend or
neighbour

Montgomery Book Club

**Join us to share an experience that we will enjoy together -
reading the book!**

-meet new friends in the neighbourhood !

-catch-up and chat with friends!

-try out different genres & kinds of books and ideas!

- give your voice and thoughts to interested listeners

Last month's read *Deep Cuts* comment
from one book club member
"Enjoyed remembering the music and
artists"



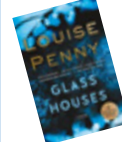
Upcoming books available at the Calgary Public Library:

Feb 10 - *Finding Flora* - Albertan historical fiction by Elinor Florence

March 10- *Expiration Date* - magical romance by Rebecca Serle

April 14- *Glass Houses* - mystery by Louise Penny

May/ June - we welcome your ideas for books to read



**Join us every second Tuesday of the month at 7:00 -8:30 pm at the Montgomery Community Association - Board Room
5003 - 16 Ave. NW**

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.



Facility Rentals



We sure appreciate all the Centre rental referrals
we have been getting from MCA members, thank
you! Cultural groups, faith groups, weddings,
fundraising nights, birthdays for all ages, live music
events, seminars, AGMs, and Celebrations of Life.
Our weekend rental clients cover much of the cost
to provide programming for seniors and littles and
most everyone in between during the rest of the
week. If the social committee of your company,
organization, department or family needs a space,
please do have them reach out to the MCA Centre!
Thank you.

manager@mcapeople.com

Reflections



Community, let me suggest to you, is an action verb. Our beautiful Montgomery is a community because we make it so. How does one “do” community in such a way as to reach that feeling of familiarity, friendliness, safety, belonging, comfort, and rapport with our neighbours? Montgomery was founded in the early 1950s and has boasted these qualities that we love since then. How so? We act it out!

Patronizing local businesses means that you develop a relationship of trust and friendship with the owners/staff. We do enjoy entering a shop or restaurant and being greeted with familiarity. It's easy and it fosters community! I have lived in Montgomery for over 25 years and love the fact that I can find just about everything I need right here at a walkable distance. Health and medical services, banking, leisure, food, flowers, pet needs, beauty and spa, daycare and youth education, hospitality, and so on, all found right here. We are self-sufficient. A few visits to these places, and you will find friendly welcomes. With time, you'll be greeted by name, as a community member. Guess what: this is making community!

We can also act out our community. Ours is a small and geographically bounded neighbourhood. Bordered on two sides by the river, and on two sides by the escarpment, Montgomery is enviable for its location, and we can walk it in a couple of hours. As we walk it, we are actually taking part in Montgomery's definition as a community, especially if we start to recognize and salute people along the way. Walking, running, cycling our space is part of creating and defining us as a community.

Neighbourly actions and behaviours also create bonds that become networks in the neighbourhood. There are block parties, stampede breakfasts and the like organized by groups of neighbours. These meaningful relationships become a spaghetti of contacts and sharing that fosters a strong feeling of belonging.

Community action central is the Montgomery Community Centre. The mandate of the Centre is to support all of us neighbours with programs and activities so that we “do stuff” together: learn, exercise, eat, dance, and play! The Centre, run by the Montgomery Community Association, fosters community as an activity. Quite literally, there is something for everyone, and if you see any gaps, propose ideas to the association.

I was a board member for a decade in the early 2000s when I first moved into Montgomery. What a fantastic way to engage and become a vital part of the fabric of this vibrant community! We are all members of the community, some of us with major investments in it! Participating on the board allows you to have your finger on the pulse of what is relevant to our lives here. Volunteering on your community Board is the pinnacle of “acting community”! The rewards are real.

We all share key community values: familiarity, friendliness, safety, and belonging! Let's be sure to “action them” in an ongoing process of cultivating community in Montgomery!

Denise Brown



MCA Round Rink

Well, we did try. Many thanks to all the volunteers involved in the creation of the MCA Round Rink in our south field. The perfect pouring temperature week was right when we went into water restrictions. Sounds sorta familiar. “Next year, kids”.



The Alberta Electoral Boundaries Commission has released its interim report proposing changes to provincial ridings. One recommendation would move Montgomery out of the Calgary-Bow constituency. This change would impact how our community is represented in the Legislature.

The Commission is holding public hearings in Calgary on January 12, 13, and 14. Your feedback matters—whether you support the proposal or have concerns about how it affects Montgomery.

Visit abebc.ca to review maps, learn more about the recommendations, and submit your comments. Let's ensure Montgomery's interests are represented in this important decision.

Dog Walkers Needed in Montgomery!

ElderDog is a completely volunteer-run charity that helps seniors care for their dogs: walking the dogs, basic dog care, driving to vet appointments, delivering food, and fostering when needed.

You can volunteer on your own or with a family member; even an hour a week makes a difference!

If you know a senior who could use support caring for their dog, please tell them about ElderDog.

Contact Monique, ElderDog Calgary volunteer coordinator.



BRAIN GAMES

SUDOKU

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| | | 7 | | 6 | | | | |
| | | | | | | 7 | 6 | 8 |

SCAN THE QR CODE FOR THE SOLUTION

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

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.



Preschool

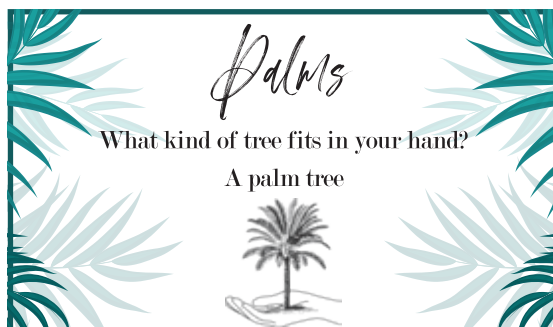
Registration for the next preschool year—September 2026 to June 2027—is underway. Information is located on our website at calgarypreschool.com/register-now/.

The Montgomery Community Preschool is a parent co-operative for 3- to 5-year-old children. We have experienced, certified, and passionate teachers who create a wonderful environment to play, discover, learn, and create.

We are located in the Montgomery Community Centre at the corner of 16 Ave NW and Home Road, across from Tim Hortons.

Hours: Monday to Friday 9:00 am to 12:00 pm.

P.S. The school was formerly known as the University Heights Preschool. It was founded in 1976 as a parent-run volunteer co-operative.



MONTGOMERY COMMUNITY SOCCER

April 29 to June 24
REGISTRATION

OPENED JAN 09

**CALGARY
CITY FC**

- We're excited to share a special offer! If you register your child for our Community Soccer Program and later decide to join our Developmental Program (CMSA), we will credit your initial payment toward the new program. Plus, your child can continue participating in the Community Soccer Program at no extra cost!
- **Active Start:** U4, U5 and U6 (2020-2021-2022)
\$90/child Wednesdays from 5:15 to 6:00 PM
- **Fundamentals:** U7, U8 and U9 (2017-2018-2019)
\$110/child Wednesdays from 6:00 to 7:00
- **Learning to Train:** U10, U11 and U12 (2014-2015-2016) \$130/child Wednesdays from 6:00 to 7:15 PM
- Soccer Festival (Games) May 27 and June 24
- Location: Terrace Road School (2103 46 St NW, Calgary)
- Community Soccer Registration at www.calgarycityfc.ca
- LATE registration fees of \$15 apply after March 08, 2026
- We encourage ALL get your community membership

KIDSPORT



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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.

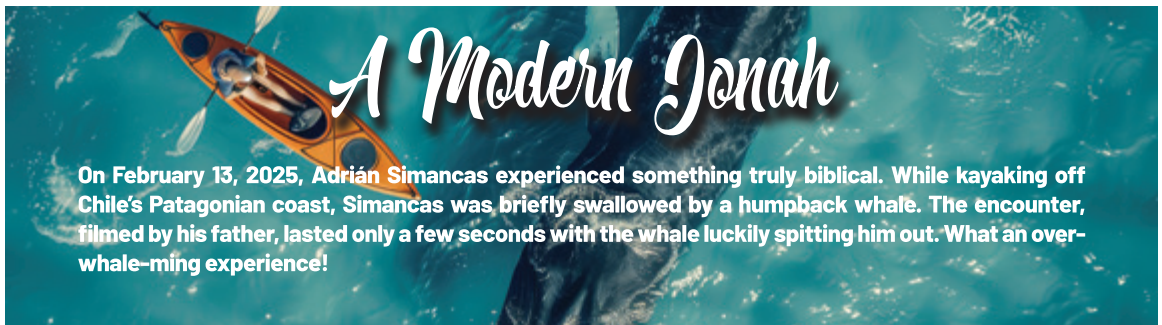
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A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!

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