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President's Message

Greetings!

Exciting times for us all in the community of Montgomery. We've had a very busy winter thus far and encourage all to come enjoy the events and activities we host here at our beautiful centre. We've been amping up our programs, volunteering, and committees to bring even better servicing to you all. As a recent example, we've started a committee on grants to help get us funded for more programs and events in the future, as well as upgrades to the exterior grounds. These grants we seek will continue to complement our facility as we've added new lights and made some changes inside too. If you're familiar with grants and can write well, we always welcome thoughtful ideas and sources to help bolster all we try to give. Please reach out at president@mcapeople.com and we'll look at all ways to enhance our services.

Another committee was formed specifically looking at events we can host. As an example, last year we hosted the "Great Big Picnic" and we're doing it again later this year but on a much higher level. If you're interested in suggesting events you would like to see happen, reach out!

Speaking of reaching out, I want to bring to your attention our AGM that we'll be holding February 20, 2026, at our hall. Tentatively it's scheduled for a 7:00 pm start time with some snacks and beverages and we'll give you an update on what we've done in the last year or so and how we're looking forward! We hope to see you there. As always, stay warm and we'll catch you in the next letter!

Shane Corriveau

On The Cover

Snow Angels are individuals who lend a helping hand by shovelling a neighbour's sidewalk. A Snow Angel can be especially helpful to older adults, people with limited mobility, and anyone else needing help—even on a temporary basis. Each year The City helps residents recognize Snow Angels through a printed certificate. Thank you for being a neighbour helping neighbours!



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Did you know that Australia is wider than the moon? Australia's diameter from east to west is about 4,000 km. The moon's diameter is 3,400 km. That makes it even cooler to go "down under."

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

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

Advanced. Wednesdays, 7:45 to 8:45 pm.

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!

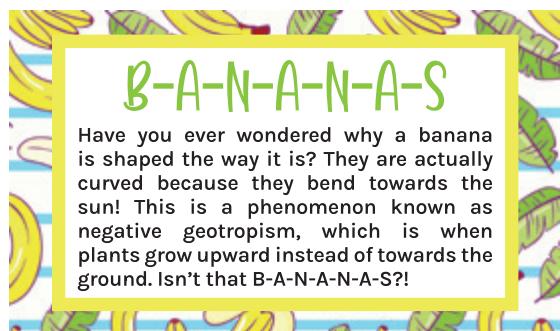
For information call 587-287-4513.



AHS Healthy Living Series

Health Decisions Matter – Saturday, January 17, 1:00 to 2:15 pm.

COPD - Breathing Matters – Thursday, January 22, 1:45 to 3:45 pm.



B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!



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Manager's Meanderings

Happy New Year, everybody! My family wishes you and yours a magnificent 2026!

A week in the life of the MCA Centre Manager... me! I start out my Sunday mornings hearing the laughter from multiple classes of Little Kickers soccer for Smurfs. Love these classes, I cannot believe people that young have that much balance and foot control. Very unfair to the rest of us klutzies, my opinion.

Sunday afternoons are either City planning workshops, or we are now partnering with a few organizations like Alien, Airdrie Bouncy, or Mad Science to provide a safe, educational, and interactive children's birthday party space.

Monday morning starts out like all weekday mornings at the Centre, with the students and remarkable teachers of the MCA Preschool interacting.

Three afternoons a week we host a drop in pickleball program. We are a small hall, a single court, but some very fun people to mingle with.

One weekday afternoon provides the knowledgeable folks from AHS Healthy Living a space for their informative workshops.

One afternoon is specifically seniors focused, utilizing the skilled support mentors from CARYA.

Weekday evenings are filled to the brim with children and parents attending Vertigo Rhythmic Gymnastics, Shotokan Karate, Brazilian Jiu Jitsu, Alien Inline Skating, Valentina's Dance.

We sneak in monthly Book Club or Historical gatherings, Social Seniors Club brunches and activities, and then add our various MCA Board Meetings to that schedule. Whew!

Which leaves our weekends for private rentals for every kind of group gathering. We are booking up fast into 2026, please reach out if you are interested in utilizing our space for your function!

Have an amazing January!

Spike



Ask For Advice



There's a little quirk in human psychology that shows up at work: people respond very differently depending on whether you ask them for advice or for feedback.

When you ask for feedback, you're implicitly pointing to something you've already done. That frames the other person as an evaluator. Evaluators slide into a retrospective mindset. They look for flaws, gaps, and places where the airplane rattled on take-off. That can be useful, but it often feels like critique, even when delivered gently.

Psychologically, people being asked for feedback often become more cautious and more distant. They evaluate you more, not just the work.

When you ask for advice, you flip the time direction forward. You're not asking someone to grade your past; you're inviting them into your future. That makes the other person a collaborator, not a critic.

Advice triggers a more imaginative, constructive mindset: "What could be done next? How would I approach it? How can we make this better?"

Research shows that people tend to think more positively about someone who asks for advice than someone who asks for feedback, because the request signals respect: I value your thinking enough to place my next move in your hands.

If you want surgical, retrospective examination, ask for feedback. If you want broader thinking, empathy, and collaborative energy, ask for advice.

In workplaces, especially ones where people guard their calendars like dragons hover over treasure, advice tends to land softer, build relationships faster, and generate more forward-focused ideas. It also lowers defensiveness; nobody likes feeling judged, including the person doing the judging.

Karl Plesz

Productivity Guru

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

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Across Home Road from Tim Hortons.**



Montgomery Memories Part 12 - Events



In the 1970s, Montgomery had a very popular Winter Carnival. A parade along Bowness Road was held in the morning with floats featuring community teams and activities. The day's activities included the always interesting father versus son hockey game and the mother versus daughter broomball or hockey game! Other carnival activities included bingo, an evening dance, and ice-skating activities for all ages. The prize money offered (about fifty cents) could buy a lot of penny candy back then! The culminating activity was the crowning of the Carnival Queen.

Halloween was a big event in Montgomery. Children had to sing a song before any candy was given out. The Middleton family was known for giving the best treats, although Mrs. Adamson had the best popcorn balls! The Moose Lodge, a family fraternity located near Hextall Bridge, held a Halloween party every year with costume judging. A common prank on Halloween was to turn over the outhouses!

The Crematorium was a fantastic place to get great loot. As one resident explained, "imagine braving the

spooky building on Halloween night, when the trees rustled their finger-like branches in the October wind". Many children raised just enough courage to knock on the door and then run away. However, if you were brave to wait on the front step you would be rewarded with some great Halloween treats.

One community resident remembers that in 1974 to 1975 the city started surveying the hill where Shaganappi Trail now runs. The children of the neighbourhood were devastated that their much-beloved toboggan hill was to be destroyed. The site also had an old road in a V-shaped valley that they used as a luge track, going down in an old cart left over from horse and buggy times. The hill included an exciting drop of about 30 feet. Some kids protested the development by pulling out the survey posts. The company representatives visited the school to find the guilty party, but no one admitted to it. The posts simply disappeared! The hill had to be resurveyed, and security was provided to prevent a reoccurrence.

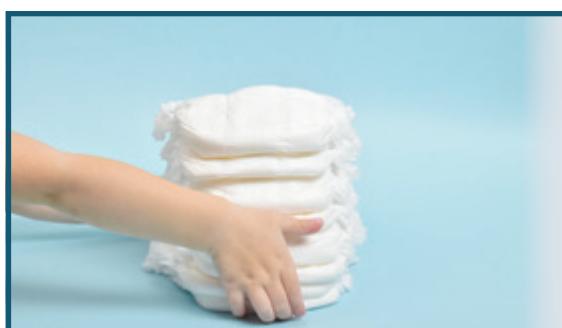
Another memorable incident was reported by several residents. A couple of convicts from the Spy Hill Jail work crew escaped their captors. The unlucky convicts tried to swim across the river, right into the custody of the waiting police!

In the 1930s, Montgomery was treated to a visit from Royal guests. King George, Queen Elizabeth, and the Princesses rode the train through Calgary on their cross-Canadian trip. David Gell remembered people standing outside and waving at the train carrying the Royal Family to Banff.

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!



Reflections



One advantage of winter cold is our enhanced enjoyment of hot drinks. Yes, frigid temperatures outside combine nicely with a warm mug of something delicious, which is not the case in summer, right? So, let's drink together for the next couple of months!

Why do hot liquids make us feel so good? Well, there are some prevalent theories. According to the Medical News Bulletin, there are two areas of the brain that are stimulated when drinking liquids, especially hot ones: the hypothalamus, which regulates our body energy and our feelings of satiety, and the ventral tegmental, which stimulates our feeling of reward. The Guardian reports that just the action of holding a hot drink makes us feel friendlier and more sociable. Perfect in winter! Many hot drinks contain antioxidants and anti-inflammatory properties, boost our intake of vitamins and minerals, improve digestion, and can even reduce joint pain! Great attributes! But do we really need scientific reasons to explain our enjoyment of winter hot drinks?

Instead let's ponder the array of always delicious and often nutritious hot beverages. Coffee comes to mind. Don't our local coffee establishments have some wonderful (if very sweet) concoctions of coffee with added exotic flavours and flourishes? Hot chocolate runs a close second! Oh my! The diversity of recipes for hot chocolate. Chocolate was originally domesticated in Mexico, and the indigenous people there still drink it milk free, with ground cinnamon and often almonds, and dark, very dark chocolate. They call that "semi-amargo". But hot chocolate is delish no matter how you like it: with milk, cream, oat milk, almond milk, whipped cream on top, a marshmallow floating. Not to mention, some like it spiked with rum. Howsoever! It is a great winter indulgence.

Here are some new favourites which you might wish to try! Wassail, or spiced, hot cider, is a tart and tasty combination of apple cider simmered with spices

(try cinnamon sticks, allspice, and a few cloves) and perhaps some cranberry juice, orange juice and rinds. There are many versions of the soothing Hot Toddy, the traditional basis of which is hot water, honey, and lemon. Chai tea takes your common black tea to another level by simmering with some cardamom pods, peppercorns, nutmeg, then adding cream and a touch of sweetener before serving piping hot. A very beautiful red winter drink results from the heating together of pomegranate juice and cherry juice, with a star anise pods, allspice, and coriander. Add honey to sweeten and some berries as adornment for a spectacular presentation. Here's a very nice and nutritious lemon ginger mint tea: heat water to boiling, and add a piece of fresh ginger root, a slice of lemon or lime, and some fresh mint leaves, then season with honey to taste. Golden milk is a south Asian hot drink made by adding turmeric, ginger, cinnamon, and honey to heated milk. There are many more to experiment with and share over the coming months!

So, grab your favourite mug! That is a comfort in itself. Take it with you as you wander off to check out the hot drink offerings at various establishments right here in Montgomery! And here's a relevant giggle: "Why did the elephant stand on the marshmallow?" Easy: "So not to fall into the hot chocolate"! See you in the snowy streets!

Denise Brown

Guides



When the 144th Pathfinders and 188th Rangers returned to the MCA Centre in September, their Guides of Canada mentor, Anne, and our Facility Manager, Spike, decided it would be a good thing for this group of teenage young women to spend an in-house session with Stan from Shotokan Karate. The premise was to teach a few simple self-defence moves to have in their personal arsenals... just in case. It went well, and they were very appreciative. This is a good team of young people, volunteering on a regular basis around our community!



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.



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, January 17

- 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.

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.

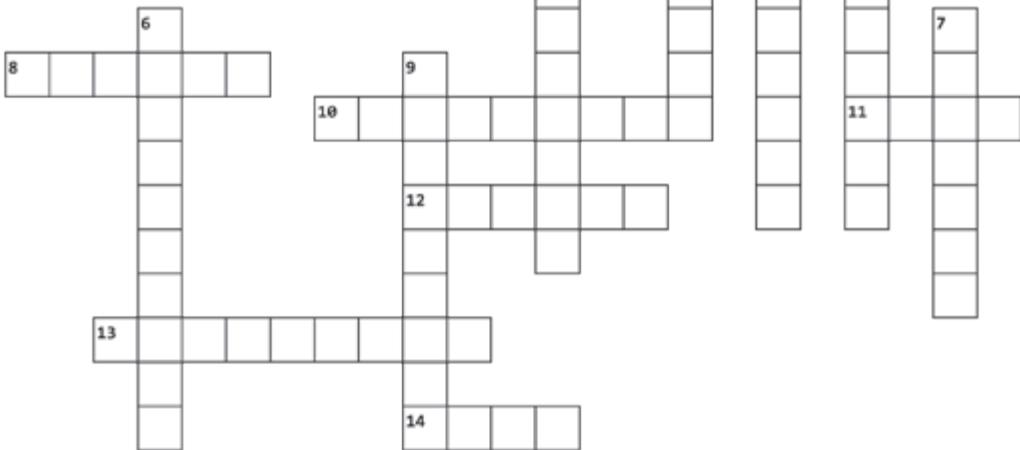
Drop in one afternoon, meet the herd, and stay active with this low impact, incredibly social sport. Mid-level skills, please, these particular sessions are not for first timers.



January Crossword



Visit bit.ly/mycalgaryanswers or
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Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

Feedback

"I have been a resident of Montgomery for five years and I have two dogs. I left a voicemail at the MCA Community Centre requesting that a reminder be put in the newsletter about responsible pet ownership. More specifically, for dog owners to pick up their poop, cat owners to keep their cats on leashes and as a side note, for residents not to feed wildlife especially squirrels which only further contributes to the persistent skunk problem in the area."

Send feedback to vp@mcapeople.com.



Outdoor Rink

As you read this issue, we have been doing the prep work to have a casual outdoor rink on the south side of the MCA Centre. And, yes, we are looking for help maintaining it for the next few months! Please reach out if you would like to be part of the team. Thank you!

manager@mcapeople.com



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free



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News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

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

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!

Please help spread the word about these volunteering opportunities. Also, if you know a senior who could use support caring for their dog, please tell them about ElderDog.



Joke of The Month

Royalty



What kind of cow
wears a crown?
A dairy queen

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