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THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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On The Cover

The MCA Board of Directors is currently made up of four Executive members and four Directors at Large. All are volunteers that were elected to the Board at our February 2026 AGM.

These are our four Directors at Large.

Left to right: Jim Courtney, Donna Adams, Lilli Meloche, Ken Adams.

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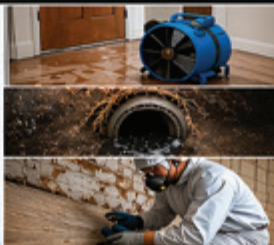
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MCA

MCA DIRECTORY

Executive

President	Shane Corriveau
Vice President	Jay Bedford
Treasurer	Cam Gardner
Secretary	Holly Clarke

Directors

Lilli Meloche	Ken Adams
Jim Courtney	Donna Adams

Staff

General Manager	Michael "Spike" Richards
Building and Maintenance	David Hoskyn
Accounting	Yvette Foster-Norgren

Elected Representatives

City Councillor Ward 7	Myke Atkinson 403-312-5913
MLA Calgary Bow	Demitrios Nicolaides 403-216-5400
MP	Corey Hogan 403-410-2121

Stay Connected with the MCA

General Email Inquiries	manager@mcapeople.com
Newsletter Submissions	messenger5003@gmail.com

📍 5003 16 Avenue NW T3B 0N2

📞 403-247-3116

COMING UP

July 11: Mongolian Naadam Festival

July 18: Saturday Seniors' Brunch

July 18: Saturday Night Picnic

July 19: Tremoloco Concert

July 22: Learn Spanish

August 11: Learn About Solar

August 15: Great Big Family Picnic

August 17: Inline Skating Summer Camp

August 22: Monthly Seniors' Brunch

August 22: Klub Sober Dance

All the details are available by following the event link on our website at mcapeople.com or by using the QR Code.



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The MCA Great Big Family Picnic

Saturday August 15, 12:00 to 7:00 pm

Free Admission

- Live music on the ATCO Stage
- Kidz PlayZone with games
- Bouncy castle, slide, face painting, balloon characters
- Booths featuring local businesses
- Food by the Bowness Lions Club,
- Hourly door prize draws
- Bring your lawn chairs for the adults
- And blankets for the kids!

Bring your family, friends and neighbours!

Sponsored by Servus Credit Union and by Ward 7 Councillor, Myke Atkinson.





Manager's Meanderings

Volunteering... Aaacckkk!

Quick run away. Turn the page!

Except... don't... thanks!

No pressure, no guilt, but yes, a reminder that as a volunteer-based, not-for-profit association, the MCA is always, always looking for help. Okay, a little guilt.

Top of the food chain, our Board of Directors. Do you have Board experience? Can you contribute with Grant processing, Planning, IT, Membership, Volunteer Management, or Marketing? Reach out to Shane at president@mcapeople.com and have a coffee and a chat and see if there may be a fit. Attend an MCA Board meeting, every month on the third Tuesday at 7:00 pm at the Centre.

Events. Yes, we host a few of our own through the year, in addition to renting the MCA Centre to cover the costs of our programming. The next big one coming up is our second annual Great Big Family Picnic. A Saturday afternoon of lawn chairs, live music, and laid-back conversations with your neighbours and families.

Very family-friendly, bouncy castles and games, and... yeah, I do wish I was a Smurf again. We could use a little help hosting events like the GBFP. We usually don't ask much, two hours shifts typically, easy stuff. We want you to have fun and meet some new people. When you read this, we will be only a few weeks away, please email manager@mcapeople.com if you want to help a bit around the Centre.

We have a team of 35+ volunteers and their families at our Community Garden at the top of the hill this year, so amazing, so appreciated!

We also have a Great Big Backyard at the MCA Centre. If you feel like helping us tend a few beds, spot paint the tables and benches, clean up a bit... reach out. Again, no big commitment, but a few hours a month from a few folks would make a big difference in our big backyard.

Thank you,

Spike

Save 10 Percent!

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



- Bow Cycle
- Cal + Medi
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- Bean & Cream
- Stem Support
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- Razor's Edge
- Liberty Tax
- Now Nails and Spa
- Pharmasave Montgomery
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- 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.



Herbs, Rain, and Summer Solstice Celebrations!

The garden has been off to a wonderful start this season, thanks in large part to the steady rain we've received over the past several weeks and the extra moisture has been a real gift to our garden beds. Everything is looking healthy and vibrant, and many plants are already putting on fresh new growth.

As always, some of the first edible plants to make an appearance are the herbs. Chives are usually among the earliest to pop up, followed closely by parsley and other hardy herbs. One of the great things about herbs is that they can be harvested throughout the growing season. A small snip here and there encourages fresh growth, and before long they seem to bounce right back.

For those wondering what to do with an abundance of herbs, there are a few easy ways to preserve them. Fresh herbs can be stored in the refrigerator by wrapping them in a damp paper towel and placing them in a sealed container or bag. An even better option is to wash and thoroughly dry them, chop them up, and store them in freezer bags to have some of that fresh garden feeling year-round. Frozen herbs are perfect for adding to soups, sauces, scrambled eggs, roasted vegetables, and countless other meals throughout the year. They also make a delicious addition to a simple Greek yogurt dip. Just stir together Greek yogurt, your favourite spices, chopped chives, parsley, and any other delicate greens on hand for a fresh and easy dip that pairs well with vegetables, crackers, or grilled meats.

Another recent highlight was our Summer Solstice celebration. Friends, families, and neighbours gathered at the garden to enjoy an afternoon of community, food, and fun. There were gardening activities, plenty

of opportunities to connect with fellow gardeners, and special activities to keep the children entertained. It was wonderful to see so many people enjoying the space together.

Don't forget about our seedbox, located right in front of the community garden. Anyone is welcome to take some seeds or leave some seeds, regardless of whether or not they are members. What a wonderful way to spread some gardening joy.

Diana



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for the adoption of abandoned cats

MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

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I want you to think about the most capable person on your team. The one everyone turns to when a process gets complicated, when the software acts up, or when a new hire needs to learn the ropes. They're invaluable. They're also a bottleneck.

Here's a scenario I've seen play out on teams of every size: a new colleague joins. Your expert spends two or three hours or days walking them through "how we do things here." Workflows, the workarounds, the unwritten rules. A year later, another new hire joins. Those same two or three hours or days happen again. And again. That's not knowledge sharing. That's knowledge renting, costing time every single time.

The fix is straightforward, even if the resistance to it isn't. Record a short demo video the next time you explain it. Screen-capture tools like Loom, Camtasia, or even your Teams app make this painless. Walk through the task as you normally would, talk through your reasoning, and save the recording somewhere the team can find it. You've now turned a repeating cost into an investment that pays dividends.

When I suggest this to teams, I hear the same objections every time. "I don't have the time." Do you have the time to re-explain the same thing to the next five people? "I hate being on camera." Most screen recordings don't require your face, just your voice and your screen. "Things change too often." Record a new version when

they do. A slightly outdated video still covers 80% of what a new hire needs to know on day one.

The goal isn't to replace human connection or mentorship. It's to free up your experts for the conversations that actually need them—the edge cases, the judgment calls, the creative problem-solving. Not the fifteenth walkthrough of how to run a monthly report.

Knowledge locked inside one person's head isn't an asset. It's a liability. Get it out. Record it once. Let it work for you long after the recording ends, and dare I say it, after they leave.

Karl Plesz

Your Productivity Guru



The Montgomery Community Association is excited to announce our very first online 50/50 fundraiser! Grab your tickets now!

Our Association is working to provide more family and intergenerational programs and events to help foster connections within our wonderful community.

Funds raised by this raffle will support ongoing activities and programs, including our upcoming Great Big Family Picnic.

The winner will be contacted to claim their prize.

Thank you for your support!

AGLC Raffle License 779523.

Visit rafflebox.ca/raffle/montgomery-community.



by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue-Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park's escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity Nose Hill Park's Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.



**WE WANT YOU
IN OUR
TEAM!**

Want To Make a Difference in Your Community?

Have you considered volunteering for a Board of Directors Role?

The Montgomery Community Association is looking for new Board members who bring passion for the community and an understanding or willingness to learn good governance. Board positions are reserved for residents of Montgomery.

We are currently looking for members who have knowledge of or are willing to learn about event planning and promotion, bolstering our social media presence, grant writing, and community planning. The time commitment is 5 to 10 hours per month depending on ongoing projects and events. We meet on the third Tuesday of each month at 7:00 pm in the Community Centre, and Directors serve a two-year term.

It's a great way to make connections within our community, help to build your resume, and get the satisfaction of seeing our neighbourhood come together in meaningful ways.

If you are interested in learning more, please drop by one of our meetings or reach out to Holly Clark at secretary@mcapeople.com.





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Reflections

Picnicking season is upon us! There is not a moment to spare! Summer gives us a special opportunity to move our lives outside entirely! For those who are campers, off you go! However, Montgomery has so much to offer in the way of outdoor activities, some of us stick close to home and enjoy the best neighbourhood in Calgary! Picnics are my favourite!

“Pique nique” is the original word and named concept from French. English, always precocious about adopting new vocabulary, modified this to “picnic,” while keeping the concept intact: basically, food to pick at while outside. It migrated across the channel to Great Britain in the early 19th Century. Famous British poet, William Wordsworth, hiked through the Cumberland Hills with his sister carrying their lunch in a basket to picnic! He was part of the Romanticist movement that incorporated “the picnic” into the idea of the idyllic. Somerset Maugham, a Victorian novelist later that century, is credited as having said “there are few things so pleasant as a picnic lunch” (I am imagining, in a very posh English accent).

The picnic basket stuffed with food is symbolic of this outdoor eating tradition. Inside the basket (or icebox, nowadays) would be the makings of a cold meal. What’s inside? That is part of the fun! The picnic table is also indicative. The sight of one in a park, on the river, at a rest stop along a highway, provokes the image of eating with others outside, without minding the ants, the breezes, the slight disorder of the experience, and a touch of improvisation. There are some great websites with suggestions for picnic foods. My favourites: pasta salads, devilled eggs, hummus, cut up fruit and veggie sticks, and, of course, potato salad. Sandwiches, wraps, and fresh spring rolls can also be prepared in advance.

Here in Montgomery, there are many local businesses that have such items ready to be picked up, for those of us who are uninspired in the kitchen. But remember, as one beautiful website (agricultureforlife.ca) states: “Every loaf of bread, basket of fruit, or wedge of cheese in a picnic hamper has its story in the fields, barns, and orchards of farmers.” Picnics allow us to celebrate fresh foods produced right here in Alberta!

It is very important to note that a picnic is much more than an eating experience! Taking your dining outside in the early 19th Century, dining al fresco, was combined with a heightened appreciation of landscape, art, and poetry. Today, we know the picnic more as a way to combine play, partying, socializing, laughing, conversing, eating, drinking, and making merry in the freedom of the outdoors and nature. Yes, there is a sense of freedom in picnicking! But it is more than that! Recently, Andrew Hubbell wrote an article stressing the social importance of the picnic. He writes that the picnic “enables the participant to share a form of eating that creates relationships between small groups of people, natural landmarks, and cultural ideals. These relationships form a consciousness of [...] identity.” Thus, while picnicking together, we reaffirm and strengthen our sense of community identity. What a beautiful unanticipated consequence of the picnic! This makes me even more excited to see the huge and diverse family gatherings around the picnic tables at the rivers’ edge in Montgomery every weekend! There we are: celebrating and fostering the diverse community identity of Montgomery and Calgary!

Picnicking opportunities abound in Montgomery. Take part in a family-friendly and healthy activity while making new friends in your neighbourhood. Your Montgomery Community Association has organized picnics in the “backyard” of your Community Centre at Home Road and 16th Avenue precisely to bring us together and welcome our new residents, and to reinforce our Montgomery identity! The big one is coming up on Saturday, August 15! Don’t miss it! See you there!

Denise Brown

Source: Huggell, A. 2006 “How Wordsworth invented picnicking and saved British Culture” *Romanticism*, Volume 12(1): 44-51.



It's been a great start to the season at the bike park with our trail cleanup day on June 13, pump track racing on June 17, and a free coaching event on June 22.

The trails in the bike park have been refreshed and should be in great shape to ride. We cut the grass back from them and refreshed the trail tread so why not come out and give them a try?

Another big part of the trail day was to knock down some of the weeds growing in the park and help grasses get re-established. Stay tuned—this will be a multistep project.

A note to all park users, please note that any bikes with motors are not permitted in the park—unfortunately we are seeing a lot of damage from e-dirt bikes being ridden in the park. If you see users on e-motor cycles, please call 3-1-1 to report it—these types of vehicles are not allowed in city parks, and the pump track was not designed for use by these heavier bikes.

If you have any questions or want to connect with us, we're on Facebook @MontgomeryBikePark.

Gordon Jones



Editor's note: The photo shows just a few of the volunteers involved in the trail day cleanup project!

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.



Feedback

Speed Limits, Traffic Control, and Safety in Montgomery

A gentle reminder for any drivers using the Shouldice Athletic Dome or Home Road in the early mornings: the speed limit between Home Road, south of 16 Avenue NW, is 40 km/hour. Going over the posted speed limit makes Montgomery more dangerous for pedestrians.

Further, please pay attention to traffic controlling devices—including lights and signage. Numerous complaints have been filed with Calgary Police Services regarding drivers running red lights in the area.

Adhering to traffic laws helps protect our neighbours, and failing to do so can have disastrous results. Let's work together to keep Montgomery's roads safe for everyone.



Got your attention, didn't I?

Yes, free information about upcoming things at the MCA!

We have some "powerful" friends! The smart folks from ENMAX Energy will be at the MCA Centre three times in the next while.

Solar 101

Tuesday, August 11 at 7:00 pm

We are going to walk through the basics, right from deciding if a solar solution makes sense for you. Understand more about installation, timelines, and what your electricity bill will look like after your system kicks in. Bring your questions and hopefully feel more informed and confident as you make decisions for your home.

Great Big Family Picnic

Saturday, August 15 – Afternoon

Our Great Big Family Picnic will host a few information sharing tents, one of them is the good folks from ENMAX. Bring a couple of your recent bills, see if there is a better program to be on. Understand your supplier choices. Ask some follow up solar questions.

MCA Seniors Club Potluck

Saturday, October 24

MCA Seniors Club potluck brunch will provide an opportunity to learn about how and why energy use changes through Calgary's rollercoaster seasonal changes. Interact with some folks who know stuff about managing your energy use all year long. Plus 60? You are invited! Under 60 teenager? Here is another opportunity to bring a senior family member or neighbour out for a monthly potluck brunch that focuses on friend making and fun.

An apology to anyone who showed for the monthly MCA Social Seniors Club potluck brunch on Saturday, June 20, and ran into people having fun and eating hot

dogs and stuff. We tried to get word out that we were hosting a City funded "Neighbour Day" picnic instead and we probably missed a few of you. We do hope that you had fun, though!

For your calendar: The Seniors' Brunch dates are July 18, August 22, September 19, October 24, November 28, and December 19.



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, inline skating lessons, soccer for Smurfs, live music events...

And 10% savings with 36 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!

Scan the QR code to go directly to the member sign up!



A membership link is also on our website at mcapeople.com.



The MCA Camera Roll



It was a great Sunday afternoon event featuring The Porch Dogs. The concert was the first sponsored by Calgary House Concerts and hosted by the MCA! In this picture, Steve Gerard and Mitchell Brady are doing some ridiculous things with their pluckers! The next concert features Southern California's Tremoloco on Sunday, July 19 at 3:00 pm. It will be an outdoor event in the MCA Great Big Backyard! Bring your lawn chairs!



Stretching it out in preparation for the Fun Run held on May 30 at the MCA! Mathew Louie and family have raised over \$40k for the Alberta Children's Hospital, hosting three of these "fun run" fundraising events.



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Romantic Spanish

Explore Spanish through the lyrics of Romantic Latin American songs!

Listen, enjoy, and improve your Spanish poetic love vocabulary.

July session: Wednesday, July 22, 4:00 to 5:30 pm
at Bean and Cream, 1866 45 St NW
in Montgomery.

Another fun Montgomery Community Association event, free of charge for Montgomery Community Centre members.

Hosted by Denise Brown.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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

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.

From savouring unique flavours at our neighbourhood eateries and finding one-of-a-kind treasures in our charming shops to supporting the essential services that keep our community thriving, Montgomery offers a rich tapestry of local experiences that connect us all.



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