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News, Events,
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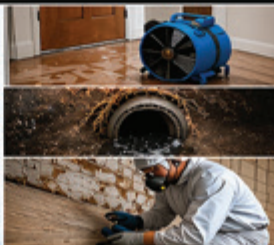
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MCA

MCA DIRECTORY

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President	Shane Corriveau
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Treasurer	Cam Gardner
Secretary	Holly Clarke

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Lilli Meloche	Ken Adams
Jim Courtney	Donna Adams

Staff

General Manager	Michael "Spike" Richards
Building and Maintenance	David Hoskyn
Accounting	Yvette Foster-Norgren
Custodian	D'Arcy Williamson

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

October 13 to 19, MCA Main Hall
Elections Alberta

October 27, 7:00 to 9:00 pm
Solar 101 Presentation

November 9, 11:00 am to 1:00 pm
Indigenous Veterans Day, BCA

November 10, 1:30 to 3:00 pm
Kitchen Kompanions for Seniors

November 14, 5:00 to 8:00 pm
Light Up Montgomery, Town Square

November 14, 8:00 am to 12:00 pm
Porch Dogs and Mocking Shadows

November 19, 1:45 to 3:45 pm
AHS Better Breathing Workshop

November 28, 11:30 am to 2:00 pm
Monthly Seniors Brunch

December 19, 11:30 am to 2:00 pm
Seniors Santa Shuffle

Complete descriptions of these events and programs are available at the event link on our website at mcapeople.com.





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On the Cover

The electric utility box outside the MCA is no longer just an ugly metal box. Now it's a beautiful creation depicting Canada Geese, thanks to the artistry of Mayi.

Maedeh Mosaverzadeh (Mayi Mosaver) is a visual artist, illustrator, and animator based in Calgary/ Mohkinstsis. She holds a Master of Fine Arts in Drawing from the University of Calgary, where she deepened her practice and explored the intersections of art, storytelling, and environmental awareness.

Check out her website at <https://www.mayimosaver.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.

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.



Manager's Meanderings

We have a big backyard. A darn big backyard. A little more than 225 by 225 feet. And we rent it. Live music events with a stage and lawn chairs and room on the lawn to dance. Family focused events with bouncy castles, face painters, and bubbles, lots of bubbles! Multicultural events celebrating a special day "back home", sharing new knowledge, new music, and new food with inquisitive folk like me, and oh my gosh, the food! Remarkable flavours nuanced and bold, and obviously created with love in our AHS approved kitchen or the outdoor grills.

I got rather spoiled this year, collaborating with The MCA Centre's renters. I felt like I was travelling without a passport some weekends, and I am grateful for the interactions.

We are already renting the big backyard and the main hall at The MCA Centre throughout all of 2027. If you are needing a space for your family reunion, association or business gathering, please reach out sooner than later at manager@mcapeople.com, we would love to help!

Speaking of help, I would like to personally thank all the MCA Members who dropped by the Centre this summer to help a bit, painting, gardening, and tree pruning. It is a big, beautiful 63-year-old structure that is maintained by volunteer love and attention, and your help is appreciated!

Do you or do you know someone who knows more than the average human about bees and their food sources? We are looking at creating a "pollinators garden" in front of the Centre, where the old playground was. Please reach out if you have input, ideas and most especially... experience. Thank you!

Michael "Spike" Richards

Save 10 Percent!

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



- Abbey's Creations
- Alberta Vacuum Experts
- Allan's Flowers
- Bark Station
- Bao Bao Pottery
- Bean & Cream
- Bow Cycle
- Bowness Arts
- Bowness Auto Parts
- Brewsmith Brewing Co.
- Bubble Tea Brewers
- Calmedi Medical Supplies
- Canine Cuts
- Century Derma Lounge
- Club House Family Restaurant
- Deng's Dumplings
- Fishman's Personal Care Cleaners
- Five Spice Kitchen
- Fringe Coffee
- Gas Tech Heating and Fireplace
- Golden West Restaurant
- Good Samaritan Thrift Store
- Grasby Art Studio
- Hi Ball Restaurant
- Insight Acupuncture and Massage
- Liberty Tax
- Montgomery Village Veterinary Clinic
- Montgomery Wellness Centre
- NOtaBLE – The Steakhouse
- Now Nails And Spa
- Outlash Beauty Boutique
- Palio's Bar
- Pazzler's Pub
- Pharmasave Montgomery
- Piercing Lab
- Razor's Edge
- Stem Suuport
- Tian He Spa
- The UPS Store in Bowness

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



President's Message

As we head into the winter months, we are abundantly warm with our new HVAC system which is functioning on all cylinders. We thank our teams, our Board and staff, and all members of our community that had to stay patient with us as we had the repairs done. They are complete now and we are grateful given the cooler weather that is settling in.

I'd like to take this time to reach out to our community. We have a very dedicated Board and staff that are committed to providing you our best, providing several events, services, and programs here at the Montgomery Community Center. We are currently seeking Board members from our community who could dedicate themselves to one meeting per month of roughly two hours and help serve on the variety of different committees dedicated to our services to the community.

This is a volunteer position and is best served when one can assist with decision making, committee reflection, participation, and have an overall view of wanting to help Montgomery both adapt and contribute to our quickly growing community. Samples of our committees include activities and event planning, grants and grant writing, volunteer coordination, public relations, and marketing. However, we're also looking to expand on the committees so if you have some great ideas where your strengths may align with our not-for-profit community association, please sign up! Reach out to president@mcapeople.com.

As an example, of some of the fantastic events we held over the year, and in which you may want to contribute to for the future, we have our annual general meeting in February and can always look towards planners for a fantastic report to the community. We also host our signature event, the great big family picnic. We're looking forward to hosting our third picnic in 2027 and could really use your help.

We look forward to hearing from you, and I will drop you another line in the November issue of our brilliantly curated issues including both letters and news from the community. Thank you and have a great October!

Shane Corriveau

Ask for It



One out of three businesses in Montgomery now offer a 10% discount to MCA members. Remember to ask for your discount!

By the way, one out of ten adults that live in Montgomery are members of the Montgomery Community Association. Are you?



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The Document Lifecycle

If you use a desktop computer at work, you are probably aware of the variety of places where documents can be stored. Your hard drive is one location. OneDrive is another. There's also Teams. Possibly you use SharePoint. There exists a recommended lifecycle on how some of these various storage locations should be used. Here's some high-level guidance on how to think about these various document storage resources.

Believe it or not, your local physical hard drive is the last place you should store documents, or at the very least, should not be the only location documents are stored. The reason is that your local drive likely has no automatic backup feature. Anything on your local drive in your documents library or local folder is at risk of being lost after a hardware failure.

If your workplace has Microsoft 365 account licenses, they come with a great perk—OneDrive. This is Microsoft's version of Google Drive or iCloud. This is a handy cloud-based resource and can be used when you want to access a document from any device, anywhere with internet access. You can collaborate with teammates on a document in a Teams chat or a Teams

channel. It becomes less of a document-centric activity and more of a people-centric activity. The risk we must consider is that we don't want sensitive files shared via just any resource and inadvertently shared with the wrong people. Nor do we want any deliberate sharing to never expire. Although documents can be collaborated on in Teams, this should not be the final resting place of finalized, approved documents.

Once the collaborating and reviewing is done, these files should be moved to a place like SharePoint or some other permanent online portal. Idle, unmonitored sharing is to be avoided. SharePoint has helpful features and restrictions that OneDrive and Teams don't, such as custom permissions. Unlike the default situation in Teams—which is that membership has all privileges, SharePoint makes it possible to control who can access at all, who can only read, who can add, edit, and delete. Next, metadata should be leveraged to make the organizing, identification and searching of documents intuitive and efficient. Lastly, versioning should be leveraged to allow for the ability to revert to older versions of a document when needed.

Karl Plesz



Many thanks to Ward 7 Councillor Myke Atkinson for hosting an interactive ideation session at the MCA Centre!



California's, Tremoloco, blessed us with their talent and energy in mid-July!



The MCA hosts a monthly Seniors Club Potluck Brunch that would not happen without our amazing volunteers! Thank you!



As we wrap up another gardening season at our Calgary community garden, it's hard to believe how quickly the summer went by. From the first little seedlings to the final harvest, it has been wonderful to see our garden grow!

A big thank you to everyone who took part this season. Whether you planted, watered, weeded, shared advice, or simply stopped by to lend a hand, your involvement helped make the garden a welcoming and productive place for everyone.

Some of our most successful plantings this year were the reliable favourites: lettuce, beets, carrots, and herbs. It was an unusually wet gardening season which means the plants were well hydrated throughout the summer. Of course, not everything grows as planned, but that is part of gardening!

Now that the beds are settling down for winter, some of us might consider moving our growing indoors. Fresh herbs, spices, and house plants can keep our green thumbs busy through the colder months.

Before we know it, spring will be here again. We can start seeds indoors, watch those first green shoots appear, and get ready to plant them outside once Calgary's weather warms up. If you are interested in taking part in the community garden, keep your eyes out in the *Montgomery Messenger* for more information on how to be involved.

Until then, enjoy the harvest, make a soup every week and rest up. Thank you for another great season!

Diana

Bowmont Resource Network



The Montgomery Community Association is a contributing member of the Bowmont Resource Network, a group of people and organizations that care deeply about the people who reside in Montgomery, Greenwood Village, and Bowness. Through collaboration and discussion, community strengths are discovered, enhanced, and then offered to families, businesses and non-profits.

Responsible Pet Ownership Bylaw



According to the City of Calgary Responsible Pet Ownership Bylaw, cat owners are required to adhere to the following regulations for their cats:

- Obtain a City of Calgary license.
- Keep the cats within the owner's property.
- Prevent disturbances to the peace by howling or crying.
- Avoid causing damage to others' property.
- Refrain from scattering garbage.
- Ensure that cats do not chase, threaten, or attack people or other animals.
- Limit the number of cats owned to six or fewer.

Failure to comply with these regulations may result in fines ranging from \$25 to \$1500 under the Responsible Pet Ownership Bylaw.

Light Up Montgomery



Keep November 14 clear if you can. First, our partners at the Montgomery BIA are hosting their annual Light Up Montgomery evening featuring hayrides, live music, firepits, and treats. This will take place early evening in the Montgomery Town Square, besides Safeway. This annual event is free, fun and family friendly! Afterwards, 8:00 pm at The MCA Centre, we are having a live music focused party for a couple hundred friends. The Porch Dogs open with a long set, then a long set by the brassy Mocking Shadows band, then a set of both bands jamming and keeping us dancing. Tickets are \$35 for the public, and \$30 for MCA Members.



Ballet Season

In 1841, Paris, France premiered Giselle, for the first time. The Romance Era ballet featured a young peasant girl falling in love with noble man in disguise. This delightfully entertaining ballet became increasingly popular for its spooky themes and ghostly motifs.





Reflections

October is a very important month because it ends in Halloween! Don't our kids (and some adults) love dressing up in costume and roaming the streets in the evening of October 31, heading house-to-house shouting the threatening question "trick-or-treat"? Favourite costumes used to be home-made get-ups converting us kids into scary beings, those that emerge in that grey area between the living and the dead, especially witches, ghouls, and ghosts. Today, more often kids are more likely to don store-bought costumes of Disney and animated characters. What is the origin of this custom, so loved by our kiddies!

There are many cultures that celebrate this time of the year, so really there is no single origin. November 1 in Celtic traditions represented the start of winter and was celebrated as Samhain. On the Isle of Man, turnips were carved into lanterns to scare off evil spirits. It is thought that this tradition was brought to North America by the Irish, who switched to carving pumpkins once they discovered them here. Samhain is the name for November in Celtic languages and signifies the date halfway between the fall equinox and the winter solstice. For the northern latitudes in Europe, this was the end of harvest and the beginning of the winter season.

The Christian calendar adopted these dates as a time to celebrate the dead. Thus, we have All Hallows' Day on November 1, preceded by All Hallows' Eve, October 31, the origin of the name Halloween. Spirits of the dead are thought to roam among us in these dates, and they are to be feared. To allay these fears, the spirits were mocked, by dressing up like scary beings and having some fun.

In Mexico, the dates of October 29 through November 2 are called the Days of the Dead, and the associated beliefs and traditions are more elaborate. The belief is that the spirits of the dead return to earth during this period. The spirits of people who died after having taken the Last Rites are tranquil and return peacefully. Those who died violently, without the Last Rites, have spirits residing in purgatory, that are volatile, and unpredictable. Those spirits return on October 31, so take care! On November 1, the spirits of wee babes and holy people return to wander among the living.

The spirits of the beloved dead are received in Mexico with elaborate "ofrendas" or dedicated altars in peoples houses to honour the memory of dead family and friends in the period of October 28 to November 1 each year. These altars are elaborate, colourful, and celebrate the beloved dead. (For a detailed description: thegracemuseum.org). They capture the memory of the individual. But it is not a sad memorial, just bitter-sweet and poignant; a time to talk about those who died recently, and to share memories of those individuals with young family members who may not have known them. The place of the beloved dead is reaffirmed during this beautiful tradition.

On November 2, the spirits are enticed back to the graveyards by the decorations and feasting that goes on there. That is the Day of the Dead in Mexico: the day that the spirits until they are invited back in a year. The public processions and festivities surrounding these significant dates in Mexico are spectacular and worth experiencing. It also gives depth and additional meaning to our own secular celebrations of Halloween. Give those mocking spirits that come to your door some treats, otherwise they might get mean and play some nasty tricks on you!

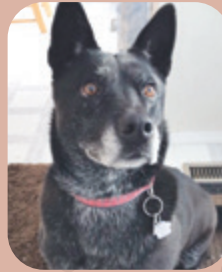
Denise Brown

News from Friends of Nose Hill



In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/documents.html.

Cats, Canines, & Critters of Calgary



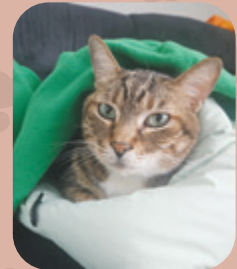
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Kiwi, McKenzie Lake



Lun, West Springs



Merlin, Acadia



Peaches, Tuscany



Rosie, Walden



Zeus, Evanston

To have your pet featured, email news@mycalgary.com

Joke of the Month

*How do you repair a
broken jack-o'-lantern?
Use a pumpkin patch!*



Feedback



Feedback is an essential part of communication. If you have comments about the content in the Montgomery Messenger, please know that we want to hear from you. We welcome suggestions and we are always looking for writers that wish to contribute to our little magazine. Email us at feedback@mcapeople.com.

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Proposed Updates to Your Local Area Plan

City Council directed City Administration to update six of the approved local area plans (LAPs) to limit where rowhouses and townhouses can be developed

The proposed updates would apply the same location-based Limited Scale Policies in the Westbrook Communities and Heritage Communities LAPs to the rest of the approved LAPs.

What are the proposed changes?

The proposed updates would limit where rowhouses and townhouses are supported to parcels that have a rear lane and meet one of the following location criteria:

- within a transit station area,
- along or adjacent to an identified main street,
- on a corner parcel,
- or adjacent to a school, park or open space.



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26-0055013: CRV-46673



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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.

MONTGOMERY BIA PRESENTS
THE 8TH ANNUAL

Light Up MONTGOMERY

WINTER CELEBRATION
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