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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, July 26

- 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.

MCA

MCA DIRECTORY

Executive

President	Shane Corriveau
Vice President	Jay Bedford
Treasurer	Ethan Macdonald
Secretary	Crystal Read

Directors

Holly McBride	D'Arcy Williams
Elizabeth Laishley	Ken Adams
Donna Adams	Jason Sokolosky
Brad Saunders	

Staff

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

Community Contacts

Community Liaison Officer	Cst. Shuo Qiu pol5637@calgarypolice.ca
Neighbourhood Partnership Coordinator/City of Calgary	Brenda Annala

Elected Representatives

City Councillor	Terry Wong 403-268-2430
MLA Calgary Bow	Demitrios Nicolaides 403-216-5400
MP	Corey Hogan

School Board Trustees

Public	Patricia Bolger 403-817-7918
Catholic	Pamela Rath 403-500-2761

Stay Connected with the MCA

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

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☎ 403-247-3116



President's Message

I hope this July brings you happiness, fortune, and brilliance. As we wade through July, please take a look around our community. Notice the green. This is the time of year where hockey is out, but soccer, baseball, and hiking are in, and keep community members busy and active. Check out our bike park, our bike paths, and the river that runs through the community – 'tis the season to enjoy the great outdoors!

Take a look at how our community's businesses are thriving. Oh, and if you haven't had a chance to support our hardworking enterprises, please do look them up! Everything from coffee and Vietnamese sandwiches to professional services like accounting can be found. There is small appliance repair and clothing stores, dental and medical facilities to suite your needs, right here in our home community. If you're not familiar with our Business Improvement Area, you can access it at montgomerybia.com. Have a look!

If you're looking for sports activities in the area – there are several, many even hosted here at the MCA! For example, inline skating is nearly year-round – look for the startup dates coming soon. As well, we host a gymnastics club and Karate, amongst others like pickleball. Back to the BIA, look up Tae Kwon Do, get your supplies at our local sports supply outlet, and rent what you need to take in all the outdoors have to offer.

We certainly can't tell you about all our businesses in the area (there are so many!) but you'll surely find what you're looking for. We're adding new resources to our website as well, so stay tuned for more information on the MCA and BIA amongst several other fantastic resources. Have a great July!



COMING UP!

Seniors Social Potluck Brunch



Our monthly gathering for 60+. Bring your neighbours!

Saturday, July 26. World Elderly and Grandparents Day.

Mingle 11:00 am. Lunch 12:00 pm.

Meet Your MCA Board of Directors



Monthly meetings. Third Tuesday of the month.

July 15, August 19, 7:00 pm.

Pickleball Drop-In



Monday, Wednesday, Friday.

9:30 am to 12:30 pm.

Carya Drop-In Play Group



Kids 0 to 5 and their older siblings.

July 8 to August 19.

Tuesdays, 10:00 to 11:30 am.

No charge. Everyone welcome!

Carya Seniors Let's Move!



Stretch, breathing, and balance.

July 17, 24, August 7, 14.

Thursday mornings from 9:30 to 10:30 am.

Drop in. No charge!

Karate for Kids (12+) and Adults



Shotokan Karate, Brazilian Jiu Jitsu, Boxing.

Monday and Thursday at 6:30 pm.

Rhythmic Gymnastics for Girls



Vertigo's Coaching and Mentoring.

3 to 15 years. Monday, Tuesday, Thursday evenings.

In-Line Skating Camp



Ages 6 to 8 and 9 to 12.

July 28 to August 1.

Daily, Monday through Friday. Drop off at 8:30 am, pick up at 4:30 pm.

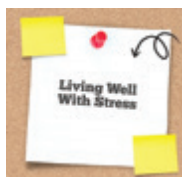
Outdoor Backyard Birthday Party



August 16, 12:00 noon to 9:00 pm.

Live music. Food. Family fun!

AHS Healthy Living Series



Living Well with Stress.

September 4, 1:00 to 3:00 pm.

No charge. Walk in.

Nakiska Alpine Ski Association



Annual Used Equipment Sale.

September 13 and 14.

MCA Annual Christmas Market



We've moved the date up to November 22.

Now accepting bookings from artisans and creators.

Register Now

Please note that as of September 2025, the preschool will be operating out of the Montgomery Community Association on 16 Ave and Home Road NW.

Fill out the registration on our website. If you have more than one child to register, please complete one for each individual child. Your submission will be reviewed, and you will be contacted and advised on how to pay the registration fee and set up automatic withdrawals for tuition payments to finalize.

www.calgarypreschool.com/register-now/.

Community Garden



Fellow green thumbs ... great to see you here! We thought it best if we could share a few tips over July for our gardens (and yours!) Let's give all that's growing that extra edge as we go through the hottest time of year. Here are some simple tips in the heat:

Watering: Last year saw tremendous struggle for personal gardens. Our community garden struggled as well, but our industrious bees made sure to maintain and nurture all they could, and we ended up bountiful last year. This year were not struggling with water but if you're not careful, you may do more harm than good.

For example, there are certain vegetables and fruits that need plenty of water. Tomatoes, zucchini, carrots, cucumbers, beets, and pole beans will love you the more you allow them to drink. Further, tomatoes can require up to two inches of water – equating to roughly a gallon of water daily. Say thirsty!

Other vegetables though you don't want to bog down with water. These include peas, radishes, corn, garlic, and onions, to name a few. How much? Water these crops maybe twice a week and monitor their leaves, their behaviour, and the soil in the immediate area. Moldy soil not only destroys taste but spoils your efforts. If leaves are drooping, yellowing, or develop soft stems, let the sunshine do its work and dry them some. Plants that droop, wilt, yellow, or become stunted means too much aqua. Mushy or soft are not what plants need - rotten odors best avoided.

Don't give up on your crops. If you think they aren't growing as per expectations, simply give them attention, research, and the resources that they need. Gardening is growing – this requires special care and attention as you know. Good luck with your greens!



Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



Manager's Meanderings



Wednesday evening of June 5, 2024 - all three staff members of the MCA Centre were at the Fringe Coffee Shop. One of our Board Directors was hosting an art exhibition.

The centre was busy with Alien Inline skating workshops. The instructor called, "We got most kids out to their parents' cars, but the field and parking lot are a lake." And the three of us went, "uhhm, huh?" And then the sirens kicked in all around us.

Plans for green spacing our old playground area were wiped out. Literally. But we were lucky, very lucky, when you consider the waterfall coming off 16th towards the MCA centre's front door. The parking lot drain kept a perfect

spiral. The water was 18" away and then the wave just swept around us. We had a little infiltration on our structure's edges, but our sixty-year-old community association building held strong. It most certainly deserves our care and upkeep for many years to come.

What we lost, because of limited or no access from June well into the fall, was our ability to offer programming to our community. Your community. Our workshops and reasons to meet for our seniors, parents, youth. It's part of what we do as a community centre.

It was our 60th birthday last summer. We had plans. Huge plans. Fun stuff. Outdoor, family-friendly stuff. As event organizers, we do our best to cover for water, even frozen water, from Cowtown's clouds above, but we were not prepared for it coming out of our adjacent roadways!

It is our 61st birthday this summer. On Saturday, August 16 we are hosting a backyard party at the Centre for our members and guests; there will be a little live music, and a lot of smiles, we hope. Please drop by, bring your lawn chair. The event will go from noon-ish until nine-ish. The Bowness Lions are grilling up some smokies, dogs, and burgers. Join us!

Spike



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!

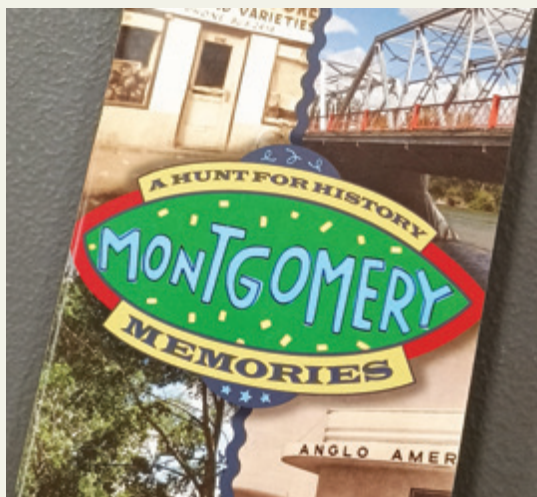


Seminar Leaders! Business Leaders!

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.

Montgomery Memories

Part Six – Transportation



James Shouldice donated land to The City for a park in exchange for the construction of the electric streetcar to his property. This same agreement guaranteed that riders to Shouldice Terrace would pay the same fare as city residents paid - five cents a ride. The Shouldice Park Line opened in 1911 and ran from Tuxedo Park in Calgary to Hextall Bridge. The area between Montgomery and Calgary was essentially undeveloped prairie. The streetcar was referred to as the “jumper” because of the bounces, rattling and swaying, and the noisy ride. Occasionally, especially during the winter frost, the trolley would come off the wires, providing great entertainment to the residents! The street cars were equipped with snowplows and had small stoves to keep passengers warm. Margaret Salekin remembers that some adventurous children tied their sleds to the back of streetcars for a wild ride through town.

John Hextall, owner of the Bowness area, built a three-span steel truss bridge across the Bow River to provide easier access to his ranch home. In 1913, Hextall made an agreement with The City of Calgary. In exchange for an extension of the streetcar line into Bowness, Hextall would allow the use of his private bridge and would donate Bowness Park to The City. Once the streetcar crossed the Hextall Bridge,

passengers were required to pay an additional fare for service beyond Montgomery.

In 1928, modern steel cars replaced wooden cars. Soon after, trackless trolleys or gas buses were implemented. In 1950, streetcar operations were terminated after operating for 39 years.

Traveling around Montgomery was a difficult thing! There were no sidewalks, few lights, and the roads were essentially prairie ruts that remained unpaved for many years. When it rained, things became worse. The roads were so muddy that driving became impossible. ‘Bert’ Baron-Blanchard recalls that her first purchase here was a pair of rubber boots, and she quickly learned how to push the car uphill on muddy roads. Gradually, oiled or paved roads replaced the muddy streets.

Some confusion exists over the road names in Montgomery. Many residents enjoy telling the tale of having three address changes without ever moving! In 1958 the streets were renamed to allow them to conform to the naming conventions of The City of Calgary. Did you know that Home Road and MacKay Road are the only true north-south roads in the community? All the avenues run at angles to these, but parallel to the Bow River.

Besides taking the street railway, bus, or automobiles, residents did a lot of walking! The stores were only a short distance from the residences of Montgomery, so traveling on foot or by bike was an easy option. Linda Adamson had an even faster mode of transport - her pony, Patches! She remembers creating a hoof print in the freshly laid concrete sidewalks near Terrace Road School. Walking is remembered as an adventure during heavy rainstorms as water from the top of the hill ran its natural course down into the valley.

Wintertime brought slippery, muddy roads, causing Hilda Dow’s husband to leave for work at 4:00 am to get to Calgary on time. Yet for Vicky Sinclair, winter meant that she could skate to the community skating rink from her front door, saving her from having to change her skates in the cold. Today we enjoy extensive walking and bike paths, which connect the community to downtown, the university, the Alberta Children’s Hospital, and Bowness Park.



The Trap Later is a Lie

Let's have a heart-to-heart about a familiar frenemy: Procrastination. It's that inner voice whispering sweet nothings like, "You'll feel more like doing it later," and somehow convinces you that reorganizing your pen drawer or alphabetizing your spice rack is suddenly vital.

Here's the brutal truth: Later is a smooth-talking con artist. Later sells you a fantasy that 'Future You' is a productivity ninja with boundless energy, unlimited time, and flawless decision-making skills. Meanwhile, 'Present You' is binge-scrolling cat memes, chewing gum that lost its flavour 20 minutes ago, and rationalizing that it's self-care.

We've all danced this frustrating tango. But the sneaky danger of procrastination? It often feels productive. You reassure yourself, "I'm not avoiding it. I'm just... strategically waiting for the right moment." Spoiler alert: There is no perfect moment.

Procrastination thrives on the illusion of endless tomorrows, feeding on your good intentions and leaving you with nothing but stress crumbs. So how do we outsmart this sly little time thief?

Use the Two-Minute Rule. If it takes less than two minutes, just do it immediately. Boom. Instant momentum. Instant gratification.

Lower the bar to ridiculous. Don't commit to writing the whole report at once. Just open the document and jot down one messy sentence. Procrastination hates when you simply start, because starting is like kryptonite.

Time travel mentally. Project yourself into the future - ask, "How will I feel tonight if I don't tackle this now?" If the answer involves guilt, regret, or a feeling akin to a shameful raccoon rummaging through leftovers at midnight, it's probably wise to get started.

Make procrastination harder. Log out of tempting apps, disable notifications, or physically place your phone somewhere inconvenient—like in your sock drawer or behind the TV remote. Creating friction for distractions makes productivity the path of least resistance.

Reward tiny victories. Give yourself little rewards for getting things done promptly. Completed your task? Enjoy that coffee break guilt-free. Finished a report? Celebrate with a quick dance break or a cookie—whatever motivates your inner productivity beast.

Visualize the benefits. Imagine vividly how amazing you'll feel once your task is off your plate. Revel in that mental relief, satisfaction, and pride. Procrastination wilts under the bright sunshine of accomplishment.

Announce your intentions. Accountability works wonders. Tell a friend, a coworker, or even your cat (cats judge silently, but effectively) what you plan to accomplish. Suddenly, your pride—and possibly feline approval—depends on getting it done.

The key to conquering procrastination is treating it like that tempting but toxic old high school flame: acknowledge its presence, realize it's terrible for your productivity, and move forward without texting it at 2:00 am. Remember: today's hustle is tomorrow's hammock.

Karl Plesz

Your Productivity Guru

July Crossword



Visit bit.ly/mycalgaryanswers
or scan the QR code
for the answers

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

July 16-17!

Casino

Every two years, the Montgomery Community Association gets the chance to raise funds for the ongoing operation of our facility. This opportunity is thanks to the City of Calgary, the Federation of Calgary Communities, and the AGLC.

These funds help with not only the maintenance of our building, but also the upgrading or the replacement of equipment.

This year we have selected the Elbow River Casino as our casino of choice. And we thank them for agreeing to allow us to bring our fundraising to their facility!

But this is a major undertaking for our board of directors and staff, so we are asking the public of Montgomery to please volunteer a few hours in support of the Montgomery Community Association.

In return, you'll have our eternal gratitude, a wonderful social occasion, and some great food!

If you're available the weekend of July 16 to 17 for one or two shifts, please see all the information on the sign-up form at tinyurl.com/casino-mca or scan the QR code below!

Thank you from the crew at the Montgomery Community Centre!



Room Rentals at The MCA Centre!

We are filling our booking calendar very fast for 2025. Especially weekend dates! If you are thinking of renting space with us, please reach out to Spike at manager@mcapeople.com.

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We have a Boardroom with full A/V for 20 people, a commercial level AHS approved kitchen, and a rather large south-facing backyard.

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Cannabis and Youth

by Recovery Alberta – Community Health Promotion Services



Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or

earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.

- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modeling and applying the same expectations for yourself will support with maintaining consistency.

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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well... not really, but the noise they make when flying is always in the key of F! Isn't that neat? Maybe next time, see if you can harmonize!

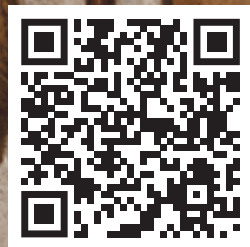


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