

APRIL 2024

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| | |
|----------------|--|
| President | Jason Sokolosky president@mcapeople.com |
| Vice-President | Michael "Spike" Richards vp@mcapeople.com |
| Treasurer | Anita Hennig treasurer@mcapeople.com |
| Secretary | Ally McColl secretary@mcapeople.com |

Staff

| | |
|-------------------------------|--|
| Operations Manager | Abi Harker manager@mcapeople.com |
| Building and Maintenance | David Hoskyn building@mcapeople.com |
| Engagement and Communications | Ali MacQuarrie engagement@mcapeople.com |

Directors

| | |
|-----------------------------|--|
| Business Liaison | Elizabeth Laishley |
| Directors | Kayla Doiron Ken Adams George McMullen |
| Director, Planning Co-Chair | Harinder Dhillon planning@mcapeople.com |
| Director, Seniors' Social | Vacant |
| Director, Volunteers | Benjamin Valenzuela volunteer@mcapeople.com |

Elected Representatives

| | | |
|-----------------|----------------------|--------------|
| City Councillor | Terry Wong | 403-268-2430 |
| MLA Calgary Bow | Demetrios Nicolaides | 403-216-5400 |
| MP | Len Webber | 403-220-0888 |

Contacts

| | | |
|---------------------------|--|--------------|
| Community Liaison Officer | David Down pol3847@calgarypolice.ca | 403-428-6200 |
|---------------------------|--|--------------|

School Board Trustees

| | | |
|----------|-----------------|--------------|
| Public | Patricia Bolger | 403-817-7918 |
| Separate | Pamela Rath | 403-500-2761 |

Stay Connected With Montgomery

✉ **General Email Inquiries:** manager@mcapeople.com

Newsletter Submissions

Ali MacQuarrie: editor@mcapeople.com

📍 5003 16 Avenue NW T3B 0N2

☎ 403-247-3116

🌐 www.mcapeople.com

📘 MontgomeryCA

✉ @mcapeople

MCA Main Hall, Boardroom, and Kitchen

The main hall is available for events with up to 301 people (238 if there is liquor service). Active members of the Community Association will receive 10% off full rentals. The hall measures 40 feet by 80 feet and has direct level access from the parking lot.

The board room is available for meetings and small gatherings of up to 25 people. The board room measures approximately 22 feet by 12 feet. A projector and screen are available for use.

MCA's AHS-approved kitchen is included with main hall rentals and is available to rent independently. Email manager@mcapeople.com for more details!

Rental Rates

Please contact the office at 403-247-3116 or email manager@mcapeople.com for hourly and daily rental rates.

Visit website to see our rental rates and rental calendar.

Community Newsletter

The *Montgomery Messenger* is a publication of the Montgomery Community Association and Great News Media.

Published year round for mail delivery in the middle of every month. Content from the public is welcome and invited. To inquire about submitting content please email editor@mcapeople.com or phone 403-247-3116.

All advertising inquiries should be directed to Great News Media.

Editorial deadline for content submissions is the first of month, for the following month's issue. All submissions should be as Word documents, and sent to editor@mcapeople.com. High quality photos are also welcome.

Virtual Registrations

The following are available online at www.mcapeople.com:

MCA Family and Business Memberships

MCA Community Garden Registration

Visit www.mcapeople.com for more information!



SUPPORT MCA!

GET YOUR 2024 MEMBERSHIP NOW

SINGLE

\$10

FAMILY

\$20

SENIORS

\$5

ASSOCIATE

\$20



REGISTER ONLINE WWW.MCAPEOPLE.COM
@MCA_PEOPLE

MCA Community Garden Registration Opened March 4, 2024

Being a gardener and picking your favourite seeds or experimental crop when it is -30°C outside gives you hope for the season ahead. It won't be long until you will see your neighbours in the garden at the top of 48 Street prepping the beds and spreading the compost. New members are welcome, but memberships have filled up quickly in the last few years. Check out the MCA website for more information or reach out to the garden committee to learn more. Email gardenmca@gmail.com.

Registration closes April 8 or earlier if capacity is reached.

Take Care,
Aleta



YOUR PRODUCTIVITY GURU

Innovation

by Karl Plesz

If the pace of change outside your company exceeds the pace of change on the inside, it's just a matter of time before you're going to encounter problems. This is one reason why ideas are the currency of success.

Michael Kerr wrote three lessons on this topic.

"There's often nothing riskier than taking no risks at all. Status quo thinking has led to the failure of many successful companies. Lesson #1: You need to keep embracing change no matter how successful you are. Ask provocative questions. How can we become the company that would put us out of business? The first Marvel superhero movie made was Ironman, which was not the choice Marvel executives would have made. Why did Ironman win? Marvel wanted to leverage lucrative product tie-ins, so they were smart enough to consult with some outside experts, namely the kids who would buy their toys. When they asked children which toy character they would most want to play with, Ironman won by a landslide. Lesson #2: Get outside your bubble and ask your clients what they want and what they need. The innovative design company IDEO embraces a philosophy that it's easier to reign in wildly absurd ideas than it is to make a cautious idea more interesting. Lesson #3: You need to create psychological safety in your meetings (and, well, everywhere else) for employees to willingly share outrageous ideas without fear of premature quashing."



At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more info, please contact: 403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)



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MUST BE AN MCA MEMBER TO PLAY

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MCA: Shop Local and Receive A 10% Rebate Program!

The biggest asset any community has are its people. People who care about the area they live in, are willing to join and work together to make it a better place, be it by joining the Montgomery Community Association as a volunteer, working together to approach the city with common concerns like parking, zoning bylaws, or property taxes.

But a community requires a strong different component as well, namely a vital and healthy business community. Nothing depresses an area more than boarded up shops and for sale signs all over Main Street.

In order to achieve a healthy commercial business district, we all have to work together and give our support to our Montgomery businesses.

This is why we started our Shop Local and Receive a 10% Rebate program!

This is an opportunity for all our members to shop where we live and save money. A win-win situation.

Purchase a Community Association Membership card and save. We have left our membership fees very reasonable for everyone to afford.

- Seniors: \$5
- Singles: \$10
- Family: \$20
- Associates: \$20 per year

Look for our poster on the door for participating businesses and ask for your discount by showing your membership (by card or on your phone) and save. You will be surprised how many exciting and useful venues there are in Montgomery, many places I never knew existed in our area even after living here more than 20 years. Another plus, you stay close to home, no long drive. You might even get a walk in by visiting your favourite places.

You can find a detailed listing of our business participants on our website.

Elizabeth Laishley

Director of Business/Community Liaison



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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Vancity

April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!



MCA Hosted Events. Join Us!

Clothing and Toy Swap

Saturday, April 6, 12:00 to 3:00 pm

MCA Board Meeting

Tuesday, April 16, 7:00 pm

Members are always welcome to join!

Fourth Friday All Ages Pub Night

Friday, April 26, 7:00 to 11:00 pm

MCA Social Seniors Club Potluck and Live Music

Saturday, April 27, 11:00 am to 3:00 pm

Volunteers needed please email engagement@mcapeople.com.

MCA BUSINESS INCENTIVE PROGRAM

As an incentive for our community association members to encourage them to shop local, many businesses in Montgomery and Bowness will offer a 10% discount to our members!

PARTICIPATING BUSINESSES:

Abbey's Creations

Aesthetica Maria

Alberta Vacuum Experts Inc.

Allan's Flowers

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My Travel Shop (Travel Gurus)

Vitamin Boba

The UPS Store#466



MCA MEMBERS RECEIVE A

10% DISCOUNT

(MUST HAVE PROOF OF VALID MEMBERSHIP)

SENIORS \$5, SINGLE \$10, FAMILY \$20, ASSOCIATE \$20

Support The Montgomery Community Association and register for your 2024 Membership.

Scan the QR code or visit www.mcapeople.com

Phone Inquiries: 403.689.1428

Email inquiries: engagement@mcapeople.com





Monty's All Ages Pub Night

7:00 PM– 11:00 PM
MCA: 5003 16th Ave NW



April
26

Original Songwriters, KidZone, Community Fun!

For MCA Members and Guests: Get your 2024 Memberships www.mcapeople.com



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Stargazing with Pat J: Mars - More Than a Bit Weird



by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

Mars hasn't always been a dry, dusty, desolate planet. It used to be a much nicer place with an atmosphere and oceans of water. The ravages of time, however, have not been kind to this little planet, leaving it with a host of bizarre features.

- Fourth planet from the sun.
- If our sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mars on the three.
- Half the size of Earth; its red colour is because iron in the rocks and soil has rusted.
- Rotation: 24.6 hours.
- Revolution: 687 days. It has an egg-shaped orbit due to Jupiter's powerful gravitational field tugging on it.
- Tilted 25 degrees gives Mars four distinct seasons.
- Mean temperature: -65 degrees Celsius.
- Two tiny moons: Phobos is 22 kms in diameter and

Deimos is even smaller at 13 kms. Shaped like potatoes, they may actually be captured asteroids.

- A thin atmosphere of 95% carbon dioxide.
- Mars' small size meant it couldn't retain enough heat to drive plate tectonics. Without tectonics, it lost its protective magnetic field, and as a result, its atmosphere is gradually being stripped away by the sun's solar wind.
- Lack of plate tectonics is what allowed Olympus Mons to grow into the largest volcano in the solar system at three times the height of Mount Everest.
- Of the abundant water Mars once possessed, some is frozen in the polar ice caps, some is trapped inside minerals in the planet's crust, and the rest escaped into space.
- A massive crack called Valles Marineris spans nearly a quarter of its surface. At 4,800 km long, 320 km wide, and 7 km deep, it is ten times larger than Earth's Grand Canyon.





MCA CLOTHING & TOY SWAP



SWAP, DON'T SHOP!

SATURDAY, APRIL 6

12:00 PM - 3:00 PM

MCA MAIN HALL - 5003 16TH AVE NW



WWW.MCAPEOPLE.COM

Trees



Did you know that Montgomery's tree coverage is far less compared to Bowness and Parkdale (twelve per cent versus twenty percent)?

Trees add shade, windbreaks, reduced heating and cooling costs, habitats for birds, clean air, and beauty to our neighbourhood. Let's close the gap. The City of Calgary's Urban Forestry Planting Program supports homeowners to plant trees on the city-owned portion of the property (back-of-walk or boulevard) - for free! Homeowners work with city staff to choose a location and pick a tree (or multiple trees) from their approved list. The City safely digs the hole, plants the tree, and waters the tree for a few years until it is well established. To access this opportunity, submit a request to the Urban Forestry Planting Department through 311. Requests now may result in a tree on your property in the spring or summer of 2024.

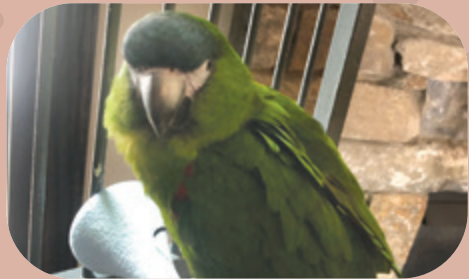
If you are interested in planting trees on the portion of your property that isn't city-owned, check out the Branching Out program, returning in 2024: www.calgary.ca/parks-rec-programs/nature/tree-giveaway.html.



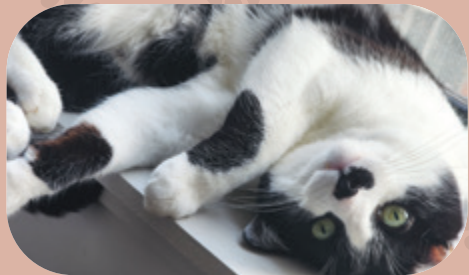
Cats, Canines, & Critters of Calgary



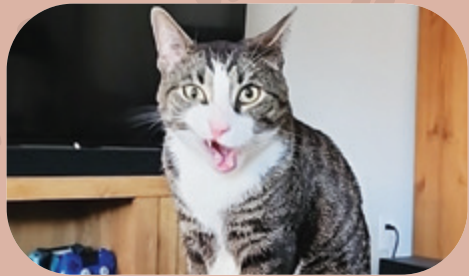
Crouton, Signal Hill



Echo, Nolan Hill



Robino, Mission



Ronaldo, Mission

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

MCA Social Seniors Club

We have moved our monthly potluck brunch from the third Thursday to the Saturday after our Fourth Friday Pub Night for various logistical reasons. We are joining forces with a number of strong Seniors associations and are quite pumped about the 2024 programs we will be offering. If you are 60+ do join us April 27!

A massive and warm "thank you" shout out to Kim and Terry for all the effort that went into making the 2023 series successful.



APRIL SOCIAL SENIORS CLUB POTLUCK

Saturday, April 27
11:00 AM to 3:00 PM
MCA Main Hall: 5003 16th Ave NW

SAME GREAT MONTHLY SOCIALS, JUST NOW ON SATURDAYS!

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The advertisement for Gutter Doctor features a cartoon character of a man in a blue uniform and hat, holding a ladder and a tool. To the right of the character are several award logos, including "A+ Rating" and "Gutter Doctor". Below the character is a circular inset photo showing a group of people. The background of the ad is a close-up of a white gutter on a roof.



Happy 60th Birthday MCA!

The Montgomery Community Association just celebrated 60 years. We would love you to share your memories with us and any ideas you have for the next 60 years!

Please send us any pictures or stories you have from your time in Montgomery to Ali at engagement@mcapeople.com.

Volunteer with MCA!

We have many opportunities for you to be a part of the growing team of MCA Volunteers! Join our Board! Help out with our monthly Pub Nights and Seniors Brunches! Offer your experience to lead or be part of our upcoming Workshops and Programming! Jelly Bean Dances! Skating rink! Community Garden! Riverside Cleanup! Bike Park! Monty's 60th Birthday Party! Talk to Director Benjamin at volunteer@mcapeople.com, and let's see where the best fit is for you. Thank you for reaching out to us.



SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

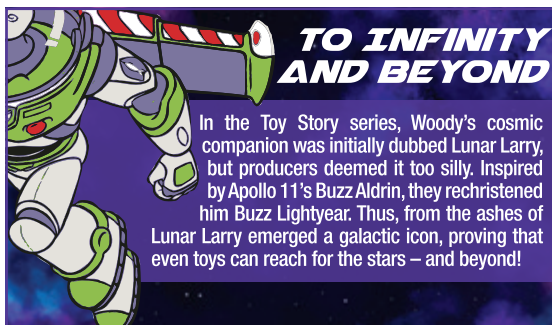
News, Events,
& More



Crime
Statistics



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Don't Be Fooled

As we come to the end of tax season, scammers and fraudsters are just starting to get busy as they look to trick taxpayers with the latest scams. Canadians eager to get their tax refunds are often the victims of these seasoned criminals.

Taxpayers should be vigilant when they receive any communication that claims to be from the Canada Revenue Agency (CRA). Many of these are seeking your personal information such as a social insurance number, credit card number, bank account number, or passport number.

The CRA will only communicate with you via traditional mail to the address on file and if you are uncertain as to the validity of any mail, give them a call at 1-800-959-8281 to verify it is real. They will never threaten to 'send the police to arrest you' and will never ask for payment by interact transfer, bitcoin, or gift cards.

The CRA will only email you to say you have a message in your MyAccount and you should not use the link in the email but instead type Canada.ca/MyAccount into your browser. The CRA will never text you – ever!

These scammers usually insist that personal information is needed so that the taxpayer can receive a refund or access a benefit payment. Often, calls and emails also involve threatening or coercive language to scare individuals into paying a fictitious debt to the CRA. Other communications urge taxpayers to visit a fake CRA website where the taxpayer is then asked to verify their identity by entering personal information. These are scams and taxpayers should never respond to these fraudulent communications or click on any of the links provided. When in doubt, stop communicating.

The fraudsters are becoming more sophisticated and the CRA has a website to help you identify and protect yourself against these scams. It can be found at www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html.



by Anne Burke

The new City Nature YYC website will be online with information on the 2024 challenge (www.citynatureyy.ca). The dates for the event are April 26 to 29. Follow @CityNatureYYC on Instagram. On May 6, local, national, and global results will be announced.

The Nose Hill checklist contains references to reptiles, fungi and lichen, amphibians, insects, shellfish, birds, and mammals. Sightings are in NW Calgary. This website features the chorus frog, the tiger salamander, the terrestrial garter snake, and more. There are 42 birds, among them hawks, blackbirds, sparrows, chickadees, starlings, wrens, geese, eagles, mallards, teals, kestrels, gulls, partridges, grebes, grouse, and vultures. Some other types are the northern flicker, downy woodpecker, and hairy woodpecker. The great horned, long-eared, and short-eared owls all appear in the list.

The May Plant Count is part of the annual May Species Count. The survey runs from May 25 to 31. The focus is on documenting the flowering status of native plant species across Alberta. This project promotes stewardship and appreciation of Alberta's natural areas. As a citizen scientist, you will collect data to be used for conservation. Here are the basics. Enter the location of your plant. Upload a photo. Enter the date of the observation. Add a report about the flowering stage. Choose the appropriate stage from those listed. There are many ID guides and checklists (in print or flipbooks online). Observations can be made manually on a data sheet and then submitted by email or snail mail. You would need to sign up for the mailing list and then receive data sheets and instructions (www.naturealberta.ca/-may-plant-count). If you are submitting observations online you will join the May Plant Count project for the flowering codes to be displayed in the iNaturalist phone app (www.inaturalist.ca/projects/alberta-may-plant-count).

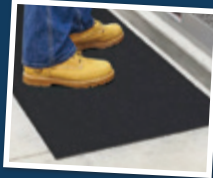
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YOUR CITY OF CALGARY

Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by The City of Calgary

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

BLUE WAGON LAWN CARE: A local student-owned business now offering spring cleanup services! Aeration, power raking, fertilizer, leaf cleanup. 700+ homes served. Limited spots are available so book now to keep your lawn lush this summer. Contact Anette at 403-984-6824, sales@bluewagon.ca, or visit www.bluewagon.ca to get a free instant quote!

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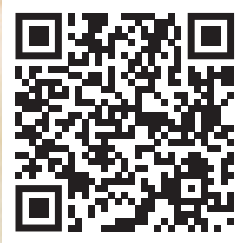


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