

DECEMBER 2023

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THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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COMMUNITY ASSOCIATION

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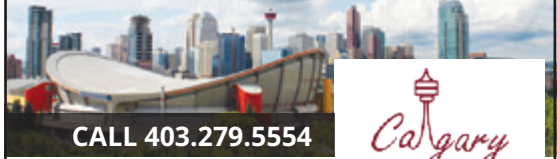


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Director, Seniors' Social	Kim Olsen
Director, Volunteers	Benjamin Valenzuela volunteer@mcapeople.com

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MP	Len Webber	403-220-0888

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Separate	Pamela Rath	403-500-2761

Stay Connected With Montgomery

✉ **General Email Inquiries:** manager@mcapeople.com
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David Hoskyn: 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 www.mcapeople.com 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!

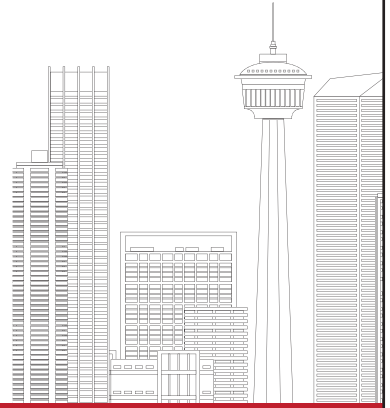


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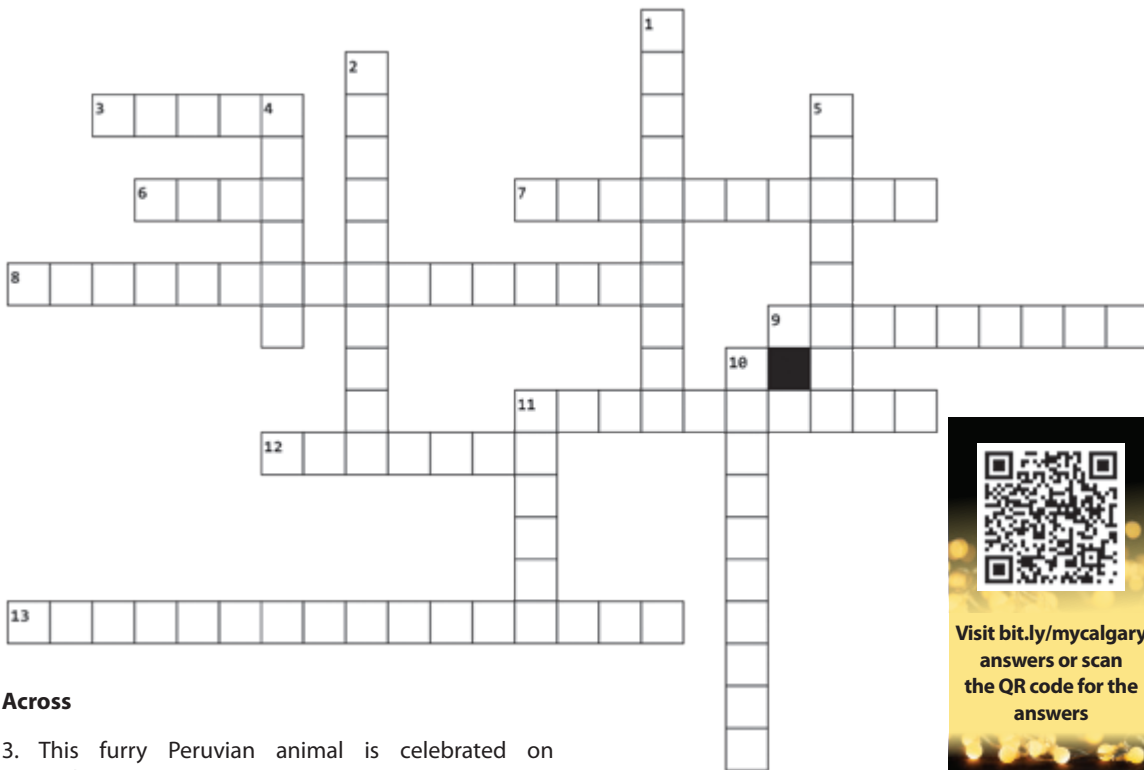


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December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.

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December 2

10:00 AM - 3:00 PM

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News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.

Casino and MCA Events

Let's be clear, the money we use to build our series of Fourth Friday All Ages Pub Nights, our Fourth Saturday Social Seniors Club Brunches, our special events supporting the Arts in our region, our ability to offer safe space for mentoring, coaching and hearing the gifted musicians, writers, seeing the visual artists and chefs in Montgomery and surrounding areas... well, it comes from the money we receive from our involvement with this Casino. Two days, four- and eight-hour Volunteer shifts. Meet your neighbours. Learn something new. It is not an overwhelming experience; you will be well mentored and not alone. Join us!

Thank you,
Spike



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PICKLEBALL AT MCA

- 9:30 AM - 12:30 PM •
- MONDAY •
- WEDNESDAY •
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A vertical poster for pickleball events at MCA. The background is orange with green and blue circular patterns. The text is white and green. It includes the MCA logo, event title, times, days, pricing, and contact information.

MONTGOMERY, VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

Email Ali at
engagement@mcapeople.com

A graphic with a dark blue background and a white dotted pattern. Two megaphone icons are on either side of the top text. At the bottom, there is an illustration of many colorful hands (red, orange, yellow, green, blue, purple) raised in the air, symbolizing a diverse group of volunteers.

Seniors Social

The next Seniors Social is on Thursday, December 21, 11:30 am to 3:00 pm. Come out to celebrate the Season with us and enjoy a cup of Holiday Cheer!



Witch Ethel



November's Seniors Social: Interactive Pictionary!



October's Seniors Social had a visit from a local theatre group

Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



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Jeni, Patterson



Molly, Renfrew

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Passkeys: Passwords are Becoming Obsolete

Passkeys are now the default sign-in option for all personal Google accounts. This should greatly increase user security, as passkeys can't be brute-forced and are resistant to phishing or leaks. But the primary benefit is improved convenience—you can log into Google without memorizing a password or going through a two-step verification process. Google may ask you to create a passkey the next time you log into your account, though you can continue using traditional passwords if that's what you'd prefer.

The idea here is pretty simple. When you tell Google that you want to use passkeys, it will generate a pair of cryptographic keys. One of these keys, called the "private key," is saved to your computer or smartphone and protected by biometrics, a PIN, or a password. But the other key is "public" and stays in Google's hands. Only the private key can unlock the public key. So, if someone wants to hack your Google account, they must have physical access to your phone or computer. They must also find a way to subvert whatever authentication systems (biometrics, PIN, password) are enforced by your device's passkey manager.

Nobody knows your private key. You don't know your private key, and Google doesn't either. If Google is hit by a huge data breach, the hackers will only walk away with public keys. And if a fraudster tells grandma to share her login details, she'll have nothing to share.

Passkeys aren't some proprietary Google-only thing. The passkey standard was developed by the FIDO Alliance. All major technology companies, including Apple, Google, and Microsoft, contributed to this standard and have implemented a passkey manager in their respective operating systems. There are also several password managers, including 1Password, that now support passkey functionality. You're free to transfer passkeys from one platform to another, and most passkey managers offer device syncing (meaning that both your phone and computer will contain your passkeys). You can also share passkeys with friends or family.

Clearly, passkeys provide a more convenient sign-in process while also boosting user security. But Google is one of the first companies to really push passkeys on its users. At the time of writing, only 75 apps and websites offer passkey sign-in. It may take several years for passkeys to fully replace passwords.

Even if you don't care about increased user security, passkeys are the future. Get familiar with passkeys before they're required by every app and website.



COMING SOON!
NEW PROGRAMS AND EVENTS ARE COMING TO MCA

MCA is excited to announce many new events and programs coming to our community centre!

IDEAS INCLUDE:
COMMUNITY BOOK CLUB
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HAVE AN IDEA FOR AN EVENT? CONTACT US!

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Alberta Vacuum Experts Inc.

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Montgomery Wellness Centre

5012 16 Ave. NW

Curvy Britches

Unit B 4629 Bowness Rd. NW

Fades Barbershop

6511 Bowness Rd. NW

Outlash Beauty Boutique

4533 Bowness Rd. NW

For a complete listing of all participating establishments check our website www.mcapeople.com.

Contact us at www.mcapeople.com/membership to become an MCA member (free this year) to benefit from this exciting new program.

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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!

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<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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Winter Car Seat Safety

by Alberta Health Services

Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter:

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.



Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.

Let's Talk About Music

by Spike Richards



I hope you have been out to hear some local and live music this messed up season of frost and warmth in the same hour. I really do, you know. Not only to help keep our venues flourishing, or to help keep the creators fed... but I hope you get out there to care for the true you inside of the outside you we all build through the years. music heals.

Clinically proven. Subjectively supported. Crowd-funded. Generationally transferred truth... music heals.

I am inviting you to join music loving me and a handful of your friends, Smurfs, grandparents. and especially the Montgomery area neighbour you wanted to get to know better, at the MCA Hall the Fourth Friday evening in January. We have a special treat for all your/our inner Me's.

Heather Blush is on our Monty's stage 7:00 to 11:00 pm, Friday January 26!

If you have heard the Uppercuts live, you already know. If you have seen the children's Rattle & Strum, you understand. If not, you will fall in love, too, I am certain. She possesses a remarkable singing voice. A Postmedia article described her vocals as a combination of Joni Mitchell and Norah Jones.

I have found her to be a prolific songwriter, creating works that have multiple layers of meaning, with a quirky wit and adorable ability to make us laugh at ourselves freely and fully for a moment or three. A gifted, and very well practiced pro. Okay, enough gushing, Spike. Sigh. Just...you really should join us.

Now, get off the warm chair, put on the coat, get out and support the venues that support the live music. And buy some signed CDs and shirts when you are out! Our artists are literally being starved by the streaming services, please do support them directly by purchasing their merch for gifts and for yourself.

Have a happy and safe start to the New Year, Montgomery, see you January 26.



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