

MARCH 2024

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# MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER



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[myuniversitydistrict.ca](http://myuniversitydistrict.ca)

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— CALGARY —

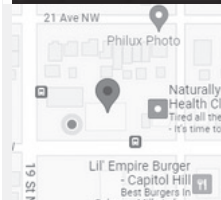


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**Executive**

President	Jason Sokolosky
Vice-President	Michael "Spike" Richards vp@mcapeople.com
Treasurer	Anita Hennig
Secretary	Teigan Owen

**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
Director	Kayla Doiron
Director, Planning Co-Chair	Harminder Dhillon
Director, Seniors' Social	Vacant
Director, Volunteers	Benjamin Valenzuela volunteer@mcapeople.com

**Elected Representatives**

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

**Contacts**

Community Liaison Officer	David Down pol3847@calgarypolice.ca	403-428-6200
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**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](http://WWW.MCAPEOPLE.COM)  
[@MCA\\_PEOPLE](https://twitter.com/MCA_PEOPLE)**

## MCA Community Garden Registration Opens 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](mailto:gardenmca@gmail.com).

Take Care,  
*Aleta*



# Simplify Life with Note-taking Apps

by Karl Plesz

Do you often feel overwhelmed by the amount of information and tasks you have to deal with every day? Do you struggle to remember important details, deadlines, or ideas? I sure do. If you were to ask me what my vehicle's tire size is, I might be able to recall it, but probably not. There are other things I'd like to be able to remember, like what streaming subscriptions I have and when they are due for renewal, but unless they're written down, there's no way.

Like me, you might benefit from using note-taking apps like OneNote, Evernote, Google Keep, and Joplin. These apps allow you to capture, organize, and access your notes from any device, anytime, anywhere, because the content is stored - in the cloud. They help get thoughts, memories, and facts out of your unreliable brain and into the app, where they are safe, accessible, and best yet, searchable. If I get an idea, the only guarantee that it will be remembered a week from now is if I get it into written form.

Capture everything. Whether it's a grocery list, a meeting agenda, a book recommendation, or a random thought, you can quickly jot it down in your note-taking app. You can also use voice or image notes to capture information without typing. This way, you don't have to worry about forgetting or losing anything. There are a lot of options you can choose from. If you prefer tactile writing, you can use a little mini journal notebook. I previously mentioned this in my article 'The Leather Notebook of Ideas'. Most people are likely to want something digital. My preference is Google Keep, in part because I already leverage a lot of other Google apps. Not only do I use Google Keep to store thoughts and ideas, I use it as expanded memory. I'm always forgetting important tax tips for when I need them in February, or when things are expiring. I make separate notes in Keep for major purchases, where the best places are to eat certain foods, or get certain grocery items, a wish list, and so much more. Since the app is both on my phone and bookmarked in my web browser, with the data stored in the cloud, it's simple to add things or just look something up.

Using note-taking apps can help you simplify your life and get more done. By getting information out of your head and into the cloud, you can free up some mental space and focus on what matters most.



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**PICKLEBALL**  
AT MCA

- 9:30 AM - 12:30 PM •
- MONDAY •
- WEDNESDAY •
- FRIDAY •

**\$7.00 DROP-IN**  
OR  
**MONTHLY PUNCHCARD \$60\***

**PURCHASE MEMBERSHIP AND MORE INFORMATION**  
[WWW.MCAPEOPLE.COM](http://WWW.MCAPEOPLE.COM)

MUST BE AN MCA MEMBER TO PLAY \*UP TO 12 SESSIONS A MONTH  
403-247-3116 [monty@mcapeople.com](mailto:monty@mcapeople.com)

## Let's Talk About Music

by Spike Richards

Our Fourth Friday Songwriter Series continues March 22, 7:00 to 11:00 pm.

We have local musical hero Ralph Boyd Johnson sharing space and time with Brian Geoffrey and Brent Wright on our Monty's stage! Our monthly salute to original minstrels is getting talked about around town, we hope you come out and support us as we try to support these trios of talented and very well practiced players.

We are hoping to begin the "Manitoba Social" style of satisfying sandwich bar for this session, as we have just been doing snacks and treats so far. Adult MCA Memberships are just \$10, and if you already have yours from a previous 2024 event, we ask you for a donation towards the programming... if you can. And yes, we are "all ages, with guardian".

I am personally happy to see our under 18 songwriter crowd attending this series. Please do make sure the young artists in your family and friendship circle come out with you! Their direct comments to us about being able to see and hear original musicians doing their thing, raw and unplugged, have been so positive... it gives me hope for our future as a species. Bring 'em when you join us Friday March 22.

I am also excited to see so many rooms in and near Montgomery supporting musicians of all types and styles. If you know me, you know it is my primary passion. As a fellah who travelled for a living for much of my career, it was always the "rule" when making choices of what to do, no matter what town I was working in that week: "Support the venues that support the local and live music."

I encourage you to purposely do the same, and I hope you have similar positive experiences I have had in doing so. Music heals. Music connects. Music makes our whirled-up world a better place to be.

If you see me out there, please say hi, introduce yourself, and share with me your insights and experiences.

Thank you.

## Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.

**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using  
**#postyourpurple**



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MONTGOMERY COMMUNITY ASSOCIATION

# SPRING SOCCER

2024  
U-4 TO U-12

Registration OPEN

## DEADLINE: MARCH 15, 2024

Please check our website for registration link

[WWW.MCAPEOPLE.COM](http://WWW.MCAPEOPLE.COM)

**VOLUNTEER COACHES NEEDED**

## MCA Hosted Events. Join Us!

### MCA Board Meeting

Tuesday, March 19, 7:00 pm

Members are always welcome to join!

### Fourth Friday All Ages Pub Night

Friday, March 22, 7:00 to 11:00 pm

### MCA Social Seniors Club Potluck and Live Music

Saturday, March 23, 11:00 am to 3:00 pm

### Clothing and Toy Swap

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

Volunteers needed please email [engagement@mcapeople.com](mailto: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:

**CANINE CUTS**

**THE UPS STORE#466**

**CURVY BRITCHES**

**GOOD SAMARITAN THRIFT STORE**

**NOTABLE THE RESTAURANT**

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### 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](http://www.mcapeople.com)

Phone Inquiries: 403.689.1428  
Email inquiries: [engagement@mcapeople.com](mailto:engagement@mcapeople.com)







# Monty's All Ages Pub Night

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



March  
22

Original Songwriters, KidZone, Community Fun!

For MCA Members and Guests: Get your 2024 Memberships [www.mcapeople.com](http://www.mcapeople.com)



## Rent Our Kitchen

Our large, AHS approved commercial kitchen is the perfect space to rent for parties, cooking classes, food preparation and catering!

Please email:  
[manager@mcapeople.com](mailto:manager@mcapeople.com)

[www.mcapeople.com](http://www.mcapeople.com)



# HAPPY ST PATRICK'S DAY



## 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](http://www.calgary.ca/parks-rec-programs/nature/tree-giveaway.html).



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

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## 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 March 23!

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



# MARCH SOCIAL SENIORS CLUB POTLUCK

**Saturday, March 23, 2024**

**11:00 AM to 3:00 PM**

**MCA Main Hall: 5003 16th Ave NW**

**SAME GREAT MONTHLY SOCIALS, JUST NOW ON SATURDAYS!**

Join your neighbours for a light potluck lunch and an afternoon of games, music, socializing and fun.



MCA CASINO FUNDRAISER  
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**THANK YOU TO ALL INVOLVED  
AND TO OUR INCREDIBLE  
VOLUNTEERS!**



### 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 [naps@ucalgary.ca](mailto:naps@ucalgary.ca)**

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



## 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](mailto:volunteer@mcapeople.com), and let's see where the best fit is for you. Thank you for reaching out to us.



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

### SCAN HERE TO VIEW ADDITIONAL MONTGOMERY CONTENT

#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



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CONTACT US





## 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](mailto:engagement@mcapeople.com).



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# MCA CLOTHING & TOY SWAP

SATURDAY, APRIL 6

12:00 PM - 3:00 PM

MCA MAIN HALL - 5003 16TH AVE NW



SWAP, DONT  
SHOP!



[WWW.MCAPEOPLE.COM](http://WWW.MCAPEOPLE.COM)



# Jellybean Dance

HUGE THANK-YOU TO ALL OF OUR AMAZING VOLUNTEERS WHO MADE THIS EVENT POSSIBLE!

AND Thank-You to all who joined us and danced the night away!



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**MONTGOMERY MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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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](http://www.communitymediation.ca), 403-269-2707.

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[www.BowCrescent.com](http://www.BowCrescent.com)

[www.BuyBowness.homes](http://www.BuyBowness.homes)

**2024 MARKET UPDATE**  
**RESIDENTIAL SALES FROM JANUARY 1 – DECEMBER 31**  
 MLS SALES FOR RESIDENTIAL SINGLE FAMILY PROPERTIES

BOWNESS	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2020	113	\$448,750	56	\$364
2021	201	\$503,309	39	\$417
2022	201	\$603,612 *	32	\$465
2023	160	\$645,794	26	\$520
MONTGOMERY	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2020	84	\$542,474	59	\$397
2021	101	\$613,780	40	\$420
2022	105	\$644,430	32	\$488
2023	90	\$734,281	37	\$520

\* Several larger properties sold on Bow Crescent NW which substantially increased the average selling price.

**Call Ken Richter today...403-630-6363** 