

## THE MOCA MOTION



**MILlican-OGDEN  
COMMUNITY ASSOCIATION**

### October is more than just Halloween...

**October is:**

- **Women's History Month** - Celebrate contributions of women in Canada
- **Breast Cancer Awareness Month** - Hug/ remember your loved ones
- **National Bullying Prevention Month** - Remember to always help others!

**October 1st** is "*International Day for Older persons*"- honor contributions older people make in your community

**October 5th** is "*Do something nice day*" - be sure to do something nice for someone in the community!

**October 10th** is "*World Mental Health Day*"- take care of yourself!



*2019 Halloween  
Jelly Bean  
Dance info Page 4*

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DATES MOCA FACILITIES  
ARE CLOSED:

October 14, 2019





School clean up 2019

## MOCA INFORMATION

6901 20A Street SE Calgary

T: 403-279-3973 E:

[rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

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

Office Hours: Monday to Friday 1-4pm

### BOARD OF DIRECTORS

President	Rick Smith
1st Vice President	John McDonald
2nd Vice President	Ray Jasper
Treasurer	Pieter van Lindenberg
Secretary	Sarah Atkinson
Human Resources	Lorraine Robinson, Ray Jasper, Angela Cruickshank, John McDonald
SEC CRC Liaison	Deanna Wylie
Civic Affairs	Ray Jasper
Facilities	Jim Logan Pieter van Lindenberg

### FACILITIES

#### MOCA Main office:

Rentals, Memberships, Volunteering  
6901 20A Street SE  
403-279-3973

#### Jack Setter Arena

2086 69 Avenue SE  
403-236-3727

#### SE Calgary Community Resource Centre

2734 76 Avenue SE  
403-720-3322



# President Report

## Written by Rick Smith

As mentioned last month, the Annual General Meeting of the Millican Ogden Community Association is scheduled for Tuesday October 15. This will be the 63rd anniversary of the Association which is quite an achievement in itself. These AGM meetings are important and are a requirement of Provincial Legislation for not-for-profit organizations. These meetings are open to all residents but only those who hold a MOCA membership can vote. It is our opportunity to be accountable to the community, and more specifically to the membership, with a presentation of the Financial Statement for the year ending May 31, 2019 and a review of the happenings over the past year along with an outline of what lies ahead for the organization. Several of the current Board are up for re-election for another two year term and of course, it is an opportunity for new Directors to be added to the Board through the election process. Please put October 15 in your calendar. Your attendance and participation at this meeting is appreciated.

Succession planning is becoming more and more important with each passing year, which is why we would welcome some new faces to the Board. We are a very diverse organization operating the community hall, Jack Setters Arena, and being the governing body for the Southeast Calgary Resource Centre. While we are a volunteer organization, we are also a registered charity organization. We are an employer, a facility operator, and a social service agency, and of course we also represent the entire community of Millican, Ogden, Lynnwood to the City becoming involved to some degree in all development projects like the upcoming Greenline, and other new construction projects, long range planning documents like the Area Redevelopment Plan, and the many quality of life issues that arise from time to time in the community. There are a lot of moving parts but these are exciting times. We have a very rich and interesting past history, but we have every reason to be optimistic about the future. Change is happening, and the various pieces of change can sometimes be painful and slow, but it can be exciting to watch as change occurs and improvements made through new development. We need to add new faces to the Board to ensure that this organization continues to move forward as it has in the past. If anyone feels inclined to become involved, please contact us. The time commitment is only what you can give as obviously family and work carry a much higher priority.

## PRESIDENT'S REPORT- CONTINUED FROM PAGE 2

I am sure you are all aware that Jack Setters Arena is back up and running again. It was a long and frustrating time during the shutdown period, but once things started to happen about the middle of July, when the contractor was selected and the materials were on site, the work then went real well. Our staff had a very short window to do their preparation for the upcoming year but the contractors were able to cooperate and coordinate their work and it all came together in the end. All of our customers/user groups have returned and committed to their ice times. Facility operating staff are now in place and we are looking forward to a very good year ahead.

As for our planned expansion of the Community Hall, we have found it necessary to again put the project on hold. For a variety of reasons, the project is not in a position to proceed and we have lost the construction season for this year. The money that we have been provided with from various grant programs to fund the project have expiry dates. Letters are being sent to each to explain the situation and request an extension.

There is nothing new on the construction of the berm to support the diversion track related to the 78th Avenue underpass. We will do our best to keep residents informed as new information becomes available.

I want to try to use this newsletter to highlight some of the programs and services offered at the Southeast Calgary Community Resource Centre [SECCRC] located at 2734 - 76th Avenue SE --- just east of Ogden Road on 76th Avenue. They offer parenting programs, health programs, and educational programs focused on providing families with the tools, the knowledge, and the information needed to preserve and enhance the well-being of their family unit. They offer English as a Second Language classes, support groups for those dealing with mental health issues, and tax clinics in the spring for those who require help in completing their taxes. Their Community Connections program connects clients with information and resources that can help their family be successful and healthy. Needs assessments are completed regularly and the staff are able to offer the resources and referrals they need to receive food, furniture, clothing and school supplies. Their Career and Employment program offers resume building, interviewing skills, computer classes, and various safety courses required for employment. Computers are made available for clients for their use. And then there is the Youth Program at Mo's Place located at the main community Hall. In the lower level of the Centre you will find a clothing and housewares bank operated totally by volunteers. Recognizing there are many other good organizations in the City, but all donations of clothing and small appliances are always welcome. Men's clothing is always in short supply and of course we are getting closer and closer to the colder months meaning a need for the warmer winter clothing. This is a very short summary of the good work provide by the great staff and volunteers at the Centre. Programs are funded by the United Way, Calgary and Area Child Family Services, and Family and Community Support Services [FCSS]. The Centre serves 47 communities in the southeast quadrant of the City, and literally thousands of clients each year qualify for and receive access the services provided. So much good work is done at the Centre and again, any help with donations of clothing and small appliances is appreciated.

Finally, I have to mention the upcoming Federal election. Monday, October 21 is the official election day, but advance polling will also be in place. I would encourage each of you to do your research and become familiar with candidates in our area and the Parties that they represent. All elections are important and I want to encourage you to make the effort to place your X beside the candidate of your choice.

And of course, if you are planning a social event, ie, for your family, or business, or organization, please give some thought to renting the MOCA Hall, - main hall upper floor, or the lower level room. We would appreciate your business.

As always, if you have questions or concerns that you would like to direct to me, please either call into the MOCA office, or send me an e-mail at [president@millicanogdencommunity.com](mailto:president@millicanogdencommunity.com).

### *Best wishes*

Rick Smith,  
MOCA President

# UPCOMING EVENTS



## ANNUAL GENERAL MEETING

TUESDAY OCTOBER 15, 2019  
7:00PM

6901 20A STREET SE -  
UPPER HALL



BEVERAGES & SNACKS PROVIDED  
PICK UP YOUR MOCA MOTION NEWSLETTER  
PURCHASE YOUR MEMBERSHIP TO VOTE  
MEET YOUR NEIGHBORS!!

1.	<b>Call to order</b> Note—the Agenda is as outlined below. Because of the 30 day notice requirement for an Annual General Meeting, there can be no additions to the Agenda. A Question and Answer period is being provided but any new business requiring a decision or further attention will be noted and could become the subject of future Reports of the Board.
2.	<b>Introductions:</b> <i>Directors and Special Guests</i>
3.	<b>Approval of the Annual General Meeting Minutes – October 2018</b>
4.	<b>Chairperson's Report</b> (20 min)
5.	<b>Presentation by the SE Calgary Community Resource Centre</b>
6.	<b>Treasurer's Report</b> (20 min)
7.	<b>Appointment of Auditors for 2020</b>
8.	<b>Nomination Committee – Election of Directors to the Board</b>
9.	<b>Question and Answer Period.</b> (20 min)
10.	<b>Motion to adjourn the meeting</b> (9:00 pm)

WWW.MILlicanOGDENCOMMUNITY.COM



## HALLOWEEN JELLY BEAN DANCE

**FRIDAY OCTOBER 25, 2019**

**Event Time:** 7:00-9:00 PM  
**Event Fee:** \$5 each  
**Ages:** 6-12 years  
**Location:** 6901 20A Street SE (MOCA Upper Hall)

**Ticket sales Oct 1-21**  
*(while supplies last; NO ticket sales sold at the door)*  
MOCA members \$1 off each ticket  
\*\*Tickets available online:  
[www.millicanogdencommunity.com/events.html](http://www.millicanogdencommunity.com/events.html)  
or at the MOCA office M-F 1-4PM

**LIMITED TICKETS AVAILABLE**

Parent Volunteers Welcome!!!  
Must sign up prior to the dance  
Contact the office for more details  
403-279-3973

Cash concession: Pop, Juice, chips, Chocolate bars, Candy, Fruit snacks  
*Parents will be asked to sign their child(ren) in including an emergency contact number*

# MONTHLY MEETING

Be Connected. Be Heard. Be Informed.

## UPCOMING MOCA GENERAL MEETINGS

MOCA Upper Hall @ 7 pm  
Everyone Welcome!

**November 5, 2019**

*October – No General Meeting; due to AGM*

\*\*Snacks & beverages available



## JACK SETTERS ARENA

2086 69 Ave SE Calgary

T: 403-236-3727

E: [jacksetter@millicanogdencommunity.com](mailto:jacksetter@millicanogdencommunity.com)

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



## Drop in Programs

**NEW:** Drop in Figure skating \_Wed & Fri 10:45 -11:45am \$7 ea

**ADDED:** additional Noon hour Shiny (\$5) & Public Skate (\$2)

Note below the change in drop in programming schedule.



## AVAILABLE ICE!!!

Jack Setters Arena has some available ice for the regular season as well as some casual. If you are interested contact the arena office for more details 403-236-3727, [jacksetter@millicanogdencommunity.com](mailto:jacksetter@millicanogdencommunity.com) or the website:[www.millicanogdencommunity.com](http://www.millicanogdencommunity.com)



### Millican-Ogden Community Association

Jack Setters Arena Phone 403-236-3727

Email: [jacksetter@millicanogdencommunity.com](mailto:jacksetter@millicanogdencommunity.com)

September to March 2019-2020 Season



*\*Drop In Programs Subject To Change Based on Ice Availability\**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 - 8:15am Blackfoot	Ice Maintenance	6:15 - 7:30am Available Ice	7:15 - 8:15am Blackfoot			
8:30 - 9:30am Blackfoot		8:00 - 9:15am Available Ice	7:45 - 9:00am Available Ice	7:45 - 9:00am Available Ice	7:45 - 9:00am Available Ice	8:30 - 9:30am Blackfoot
9:45 - 10:45am Blackfoot		9:30 - 10:45am Available Ice	9:15 - 10:30am Available Ice	9:15 - 10:30am Available Ice	9:15 - 10:30am Available Ice	9:45 - 10:45am Blackfoot
11:00 - 12:00pm Blackfoot		11:00 - 12:00pm Available Ice	10:45 - 12:00pm Available Ice	10:45 - 12:00pm Available Ice	10:45 - 12:00pm Available Ice	11:00 - 1:30pm Wildrose
12:15 - 1:15pm Blackfoot		12:15 - 1:30pm Drop In Shiny \$5				
1:30 - 2:45pm Public Skate \$2	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Available Ice	1:45 - 3:00pm Puck Skate \$2	1:45 - 3:00pm Bowview
3:00 - 4:15pm Bowview	3:15 - 4:30pm Puck Skate \$2	3:15 - 4:30pm Public Skate \$2	3:15 - 4:30pm Puck Skate \$2	3:15 - 4:30pm Public Skate \$2	3:30 - 4:45pm KMI	3:15 - 4:30pm Bowview
4:30 - 5:45pm Blackfoot	5:00 - 6:15pm Cardiacs	5:00 - 7:30pm Wild Rose	4:45 - 6:00pm Blackfoot	4:45 - 6:00pm Blackfoot	5:00 - 6:15pm Cardiacs	4:45 - 6:00pm Bowview
6:00 - 7:15pm Blackfoot	6:30 - 7:30pm Blackfoot		6:15 - 7:30pm Blackfoot	6:15 - 7:30pm Blackfoot	6:30 - 7:30pm Blackfoot	6:15 - 7:30pm Black Aces
7:30 - 8:45pm Devils	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm SCMHL - Hawks	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm Blackfoot	7:45 - 9:00pm Warriors
9:00 - 10:15pm NCHL	9:15 - 10:30pm Rusty Blades	9:15 - 10:30pm Can Pro Stallions	9:15 - 10:30pm Ogden Jets	9:15 - 10:30pm Ogden Lushes	9:15 - 10:30pm SAWHA	9:15 - 10:30pm WRAHL
10:30 - 11:45pm NCHL	10:45 - 12:00am Available Ice	10:45 - 12:00am Available Ice	10:45 - 12:00am Available Ice	10:45 - 12:00am NCHL	10:45 - 12:00am SHHL	10:45 - 12:00am Available Ice



# WELCOME

Ogden House 50+ Activity Centre  
Everyone is welcome!  
Retired or not, there is a  
program or activity for your life  
and schedule. Call or Drop By

2102 69 Ave SE Calgary  
T: 403-279-2003 ext 2  
E: erika@ogden50plus.org  
www.ogden50plus.org

## OGDEN 50+ ACTIVITY CENTRE

Written by Erika Rodriguez

**AT OGDEN HOUSE SENIORS WE ARE WAITING FOR YOU**

### DAILY ACTIVITIES AT OGDEN HOUSE

- **Quilting on Monday** at 9:00am & 1:00 pm
- **Games Night** on Monday at 7:00—9:00 pm
- **Crafts** on Tuesday and Thursday at 1:00 pm
- **Pool** on Tuesday at 1:00 pm Men's; Wednesday & Friday at 1:00 pm Women's
- **Pot Luck Lunch** Wednesday at 12:00 noon (Cost \$3.00 or bring 2 sandwiches)
- **Carpet Bowling** on Wednesday at 1:00 pm
- **Spanish Lessons:** Wednesday from 4– 5 pm for Intermediate level
- **Fit to Age:** Wednesday from 7-8 pm and Friday's at 9:00 am
- **Oil Painting** on Tuesday at 9:30 am. \$15.00 (10 sessions)
- **Move and Mingle** is not run by Ogden House. You must apply through the City of Calgary with Rene at 403.955-1550 (Tuesday and Thursday at 11:00 am).

\* New Service for Seniors: **Housekeeping Program:** a convenient service to help low income seniors to keep their home clean and safe. To apply contact Erika Rodriguez, Supervisor. (587) 885 1070 press # 2.

\* **Mow and Snow Program:** is an affordable, convenient snow removal and yard maintenance program for qualifying seniors, who may otherwise have no means to take care of their property. To apply for program please contact Rick Scott, Supervisor. (403) 279 2003 ext. 3.

### UPCOMING EVENTS FOR OCTOBER:

\* TGIF Dinner (Halloween contest) October 25 at 5:30 pm. Come and join us for a delicious dinner, nice music, dancing, Halloween costume contest and much more. Tickets for members \$13.00 Non- members \$16.00.





**MOCA SOUTHEAST CALGARY**  
COMMUNITY RESOURCE CENTRE

2734—76 Avenue SE Calgary, AB T2C 4W9

**403.720.3322**

HOURS: Mon—Fri, 8:00am — 4:30pm

(Closed 12pm — 1pm)

## **OCTOBER PROGRAMS**

### **YOGA & MEDITATION**

FREE Drop-in Class

Explore low-impact exercises to promote relaxation, reduce stress and improve your overall health.

Open to all ages and abilities

Tuesdays from 10:00 to 11:15 am

**Location: 2425 69 Avenue SE**

For building access call 403.470.8596

### **GOOD FOOD BOX**

Purchase fresh produce at a fixed cost.

Order/Payment due: **October 22, 2019**

Pick up: **October 31, 2019**

Small: \$25, Medium: \$30, Large: \$35

**~ CASH ONLY ~**

### **INSIGHT THERAPY & COUNSELLING**

Do you need to talk to someone?

Is life stressing you out?

Book your appointment today

### **STORY BOOK TRUCK**

Join us starting on

**Thursday, September 26/19**

between **1:00 to 2:30pm** when the Calgary Public Library Storybook Truck visits our Centre.

The Storybook Truck will visit every Thursday for 8 weeks to share stories, songs, rhymes, toys, books and more!

### **CRESTWOOD**

Drop-in free fun for all ages!

**Location: 2425 69 Avenue SE**

### **DROP-IN PLAY-TIME**

Join us on **Monday & Wednesday**

**10:00am to 12:00pm**

Phone 403-470-8596 to gain access to building

### **MOTHER GOOSE**

Join us on **Thursday, September 5**

**from 10:00am to 11:00am**

For parent with child age 0-5

### **PARENTING TIP TIME**

Join us on **Thursday, September 12**

**from 11:00am to 12:00pm**

to learn tips to help you parent.

New topics weekly!

### **ENGLISH PRACTICE FOR WOMEN**

Join us on **Mondays from**

**10:00am to 12:00pm**

to meet new friends and practice speaking English.

**Childcare is provided**

# DID YOU KNOW...



## Millican-Ogden-Lynnwood Microgrant Opportunity

### Got a Great Idea?

Small Grants of up to \$750 are available to support projects that strengthen connections between Millican-Ogden-Lynnwood residents and make this neighbourhood an even better place to live.

### This is my neighbourhood: Millican-Ogden-Lynnwood

#### Small Grant Application

Millican-Ogden-Lynnwood values feeling safe walking around the community, having multiple options for being active, and residents who care about having a clean and beautiful neighbourhood.

#### How to Apply:

To receive an application package or to receive more information please email Robert Dickinson at [Robert.Dickinson@calgary.ca](mailto:Robert.Dickinson@calgary.ca).



- MOCA has available spaces for meetings, special events, programming on a short term or long term basis



MILLICAN-OGDEN  
COMMUNITY ASSOCIATION

BOOK YOUR NEXT EVENT HERE

### UPPER HALL

- Capacity 150 (banquet style)
- Prep Kitchen
- Wheelchair accessible
- 15 8' Tables, 150 Chairs

Booking Fee: \$50/hr (min. 2 hr)  
Weekend Pkg \$750



### LOWER HALL

- Capacity 100
- Flat screen TVs
- Shuffle Board
- Pool Tables
- Dart Boards

Booking Fee: \$40/ hr (min 2 hrs)  
plus bartenders

### BOARDROOM

- Capacity 10
- Conference table
- Screen & Projector
- White Board
- Keurig, Small Fridge, Microwave

Booking Fee: 30/hr (min. 2 hrs)



### Additional Rentals:

- PA/ Sound System \$150
- Screen/ Projector \$25
- Mini PA System \$50

6901 20A Street SE, Calgary AB T2C 0R5, [rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

PosterMyWall.com **CALL US 403-279-3973**

## MURAL BIKE TOUR 1PM OCTOBER 19/19

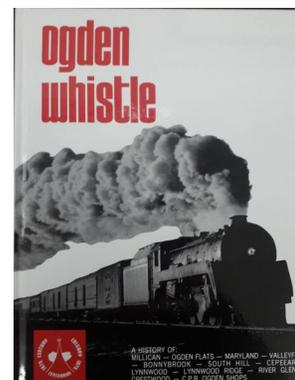
Join us for a free guided tour of the new public art in the community of Ogden, hosted by the artists! Tour begins and ends at the MOCA community hall (6901 20A Street SE Calgary) with a snack and coffee break in the middle. Bring your bike helmets and curiosity. Cars, skateboards and scooters also welcome.

+11 more

+250' more

**FENCE MURAL: FLORA AND FAUNA OF OGDEN**  
with artist Margot van Lindenberg

**GARBAGE CAN ART: STORIES OF OGDEN**  
with artist Nicole Wolf



\$25 each  
(limited quantities)  
Available at  
the MOCA  
office

Ogden Whistle "was requested by Century Calgary for the set of books on Calgary 1875-1975." The reprint of the Ogden Whistle was in honor of MOCA's 60th anniversary celebrated in 2016.  
*Purchase your copy of Ogden's History while there is still copies available!!*



**Web Links to City of Calgary information & resources:**

**YYC Matters: Federal Election 2019** - [yycmatters.ca](http://yycmatters.ca)

**Encroachment into Calgary Parks** - [calgary.ca/bylaws](http://calgary.ca/bylaws)

**What Calgarians need to know about cannabis edibles**  
- [calgary.ca/cannabis](http://calgary.ca/cannabis)

**Love your pets? Make sure they're licensed and safe at home!** - [calgary.ca/animalservices](http://calgary.ca/animalservices)

**Get your kids emergency ready in 20 minutes**

In a city with a risk of tornado, flood, winter storms and so much more, empowering children with the knowledge of how to prepare and take action during an emergency or disaster is the best way to keep them safe. That's why The City of Calgary developed the Ready Squad, a fun and interactive 20 minute on-line course targeted to kids age 7-12.

"Children are often overlooked when it comes to disaster planning, but teaching them about emergencies and having them contribute to emergency action plans will increase their resilience to disaster and improve safety for the whole family," says Tom Sampson, Chief of Calgary Emergency Management Agency.

The Ready Squad course teaches children important emergency preparedness skills and protective actions, in a fun way. Kids will learn: what the disaster risks in Calgary are, such as floods and tornadoes; ways to prepare, like creating a home evacuation plan and having household emergency supplies; what to do during common emergencies and how to stay informed; and understand what to expect when recovering from a disaster.

Children are more physically and emotionally vulnerable to disasters than adults. Research indicates that empowering them with knowledge and awareness in advance of a disaster will keep them safer and more resilient to trauma they may endure during an event. In addition, children are great messengers and will spread this important emergency preparedness information to their friends, family, and other members of their community.

There is no need to register or sign up for the course. Simply visit [calgary.ca/readysquad](http://calgary.ca/readysquad) and click on the link to take the free course and become a Ready Squad member.

**Preparing your home and yard for winter: the Fall Checklist is a great place to start**

Do you wonder every fall if you are doing the right things - indoors and outdoors - to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start, with simple steps you can take to improve your water efficiency, protect your home from leaks and prepare your yard for winter. You'll find great reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener and other water using devices for leaks
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs and trees
- Check the lawn care guide for tips on letting your grass grow into dormancy - when to stop watering and cutting

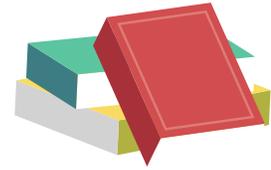
When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits, although any water using device can leak. The Homeowner Water Guide is intended to educate and guide citizens on indoor and outdoor water use on their property. It also provides step-by-step procedures for both identifying and repairing leaks in our homes, and guidance on using water in the most efficient ways possible.

To find everything you need, including the Fall Checklist, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).





CALGARY  
PUBLIC  
LIBRARY



Quarry Park (YMCA)  
108 Quarry Park Rd  
Calgary, AB T2C 3E7  
T: (403) 260-2600



*“Reading is essential for those who seek to rise above the ordinary.”*  
– Jim Rohn



### Historian, Author, and Artist in Residence

Numerous residences are underway at Central Library – come meet our newest experts! Historian in Residence Jessie Ray Short’s cross-disciplinary practice involves memory, visual culture, and the exploration of her Métis family. This program is presented in partnership with Calgary Heritage Authority. Our new Author in Residence, award-winning writer Jaspreet Singh, can review manuscripts and meet with anyone who has questions about writing, reading, publishing, and the life of an author. Central Library also hosts three artist residences throughout the year. Learn about upcoming events and programs with our residents at [calgarylibrary.ca/arts-and-culture](http://calgarylibrary.ca/arts-and-culture).

### Check Out Our New Books

Visit your local Library and check out the NEW! displays full of today’s hottest reads. You won’t need to wait in a holds line to get your hands on these titles. Find books like *The Friend* by Sigrid Nuzier, *Golden Boy of Crime* by Jim Brown, *Watching You* by Lisa Jewell, *Moccasin Square Gardens* by Richard Van Camp, *Lands of Lost Borders* by Kate Harris, plus many more. Our NEW! displays are regularly updated, so be sure to check back often for fresh finds.

### You Need to Know About our Back to School Resources

Calgary Public Library has students of all ages covered this fall. The Library offers a variety of free schoolwork help, including online and in-person programs and resources. From a free online tutoring service aligned with the Alberta curriculum, called brainfuse HelpNow, to drop-in programs for help with writing or math assignments, there’s something for everybody. All you need is your free Library card! Learn more about our many free eResources and programs for students at [calgarylibrary.ca/library-news](http://calgarylibrary.ca/library-news).



## Federation of Calgary Communities

720 28 St NE #110

Calgary, AB T2A 6R3

T: (403) 244-4111



*"Alone, we can do so little; together, we can do so much"*  
— Helen Keller



### Halloween Trick-or-Treating Tips

A message from the Federation of Calgary Communities

Halloween can be a fun and exciting event for kids (and adults)! Below are some informative tips to increase neighbourhood safety on October 31.

#### Residents:

- Turn on outdoor lights and replace burnt-out bulbs.
- Clear a path from the road to your front door and remove any potential obstacles or tripping hazards.
- Keep your pets safe. Keep pets indoors and away from the unfamiliar (and spooky) guests at the front door.
- Beware of potential food allergies; consider alternative goodies.
- If you're driving be cautious of Goblins, Ghouls and Ghosts out and about in your neighbourhood.

#### Parents:

- Costumes should be short enough to avoid tripping; and be light coloured in order to be easily seen at night. Having your child wear reflective tape will also help them be better seen by drivers.
- Use non-toxic makeup to complete costumes instead of masks as masks can reduce visibility for your child.
- Create an easy to follow route with your children and teenagers.
- Travel in groups of three or four. Young children should be accompanied by a responsible adult.
- Practice crosswalk safety. Make your way up one side of the street and cross to the other side looking both ways, don't criss-cross back and forth.
- Double-check you child's goodie bags to ensure everything is safe to eat.

#### Remember:

Connect with neighbours! Halloween is a great time to familiarize and engage with your community!





# COMMUNITY DIRECTORY

## PROGRAMS

Blackfoot Hockey 403-640-9113  
 Dance Fit Fun Calgary 587-229-0121  
 Girl Guides 403-283-8348  
 77th East Glenmore Scouts 403-279-3960  
 Panther's Tae Kwan Do 403-606-2231  
 Wildrose Figure Skating Club 403-828-4777  
 WRC Soccer 403-271-8044

## SCHOOLS

Banting & Best Elementary (K-3) 403-777-8650  
 St. Bernadette (K-6) 403-500-2020  
 Sherwood (4-9) 403-777-7590  
 Alamdina Charter School 403-543-5070  
 Happy Days Preschool 403-236-1268

## PLACES OF WORSHIP

St. Bernadette Church 403-236-2979  
 The Neighborhood Church 403-264-0598  
 Avenue Church 403-279-3663  
 Ogden United Church 403-279-4824  
 Riverview Christian Church 403-279-6334  
 St. Augustine's Anglican Church 403-279-3105

## MEDICAL

Ogden Medical Clinic 403-879-9345  
 Lynnwood Medical Clinic 403-279-3311  
 Momentum Health 403-236-0106  
 Lynnwood Physio 403-454-1331

## COMMUNITY RESOURCES

Calgary Police Services 403-428-6600  
 Calgary Public Library 403-260-2600  
 Calgary Airport Authority 403-735-1408  
 Ward 9- Councillor Carra 403-268-5330  
 MLA- Tanya Fir 587-392-8850  
 SE Calgary Community Resource Centre 403-720-3322  
 Ogden 50+ Activity Club 403-279-2003  
 Silvera for Seniors 403-276-5541

Stay tuned for more information on how to advertise  
 in the MOCA Motion



### St. Bernadette School

**The new school year will be here quickly!** St. Bernadette School is now accepting new registrations for grades K-6. At **St. Bernadette School** our students experience a faith based education with an enriched curriculum including offsite fine arts and athletic opportunities. Come see we're the school for you! The school office opens Wednesday August 21st, 2019. Call 403.500.2020 or visit the office at 55 Lynndale Cr. SE for registration information. **Come learn with us!**

## Community Membership Form

CARD #: \_\_\_\_\_ Valid: \_\_\_\_\_ 20\_\_ to May 31/ \_\_\_\_\_

Name: (Please Print): \_\_\_\_\_ Ph#: \_\_\_\_\_ Cell#: \_\_\_\_\_

2<sup>nd</sup> Member Name: \_\_\_\_\_ Ph#: \_\_\_\_\_ Cell#: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Consent to Receive Emails Email: \_\_\_\_\_

Name of Children (Please Include Surname if Different from Above):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Would you like to be contacted for Volunteer Activities? (Please Circle One):

- Yes - (I am Interested)  
 No - (I am NOT Interested)

- Membership Type:**
- Family \$ 25.00
  - Couple \$ 20.00
  - Single \$ 16.00
  - Senior (65+) \$ Free

If Yes, Please Check any of the Following:

- Casino
- Civic Affairs
- Community Clean-up
- Jelly Bean Dances
- Lego Contest
- Other Special Events

**Paid by:**  
 Cash  
 Cheque (#)

Debit  
 MasterCard

Paypal  
 Visa

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\* Memberships Expire Annually and are Not Refundable \*\***

Mail or Drop off Completed Form (See Address below)

Admin Office – Business Hours Mon to Fri 1pm – 4pm

After Hours: Drop in Admin Door Mail Slot

### Return Top portion with Payment

Millican Ogden Community Memberships supports the day to day operations of the Community Association.

Memberships offer you:

- **Community Newsletter:** Keeping you up to date on issues, activities, programs and services that are happening in the Millican Ogden Community
- **Discounts:** Your memberships give you discounts:
  - ✚ ALTADIGITAL - Mac & PC Services - 10% - 15% discount for Service Quotes + Discounted PC & Mac Tune-ups & Annual Maintenance
  - ✚ Cloverdale Paint - 25% on paint, 15% off paint supplies
  - ✚ Ecco Recycling - one free load disposal per month showing your MOCA Membership Card (contact Ecco for more details)
  - ✚ Event Discounts: Jelly Bean Dances
  - ✚ Jack Setter Arena - Free Public Skating
  - ✚ Nikos Grill – 10% discount with proof of current membership (8, 2808 Ogden Road SE)
  - ✚ MOCA Hall (Upper & Lower) - Rentals, Activities & Events
  - ✚ Servus Credit Union – 6 months free banking, 1year free safety deposit box rental & annual profit sharing
  - ✚ Stealth Alarms - receive 25% of monitoring fees
- **Facilities:** MOCA supports a terrific community hall for meetings and events as well as the Jack Setters Arena
- **Planning and Development:** Your community association influences transportation, roads, parks, playground development, and traffic issues. The City of Calgary and MOCA confer on these issues
- **Quality of life:** Individuals of MOCA take pride in their community and strive to improve the quality of life for themselves and their neighbors
- **Regional Committees & Initiatives:** MOCA Volunteer Board representatives speak for the community on regional issues such as the Area Redevelopment Plan and major infrastructure projects
- **Representation:** Your membership supports Millican Ogden Community volunteers in activities that represent our best interests, ensuring the Millican Ogden Community remains a great place to live and play
- **Resources:** Through community memberships, grants, casinos and special events, MOCA raises funds to provide programs, services and maintain Community Facilities
- **South East Calgary Community Resource Centre:** Direct Assistance, Youth and Social Programs, Clothing Room, Job Search, Computer Use and Volunteer Opportunities