

THE MOCA MOTION



**MILlican-OGDEN
COMMUNITY ASSOCIATION**

MILlican-OGDEN COMMUNITY ASSOCIATION

VOLUNTEERS NEEDED!



Interested in joining us?

Call us at (403) 279-4530 or
email us at
generalmanager@millicanogdencommunity.com

We are looking forward to
your help!



**MILlican-OGDEN
COMMUNITY ASSOCIATION**

**WE NEED HELP WITH
THE FOLLOWING
EVENT:**

Stampede Breakfast

July 14th, 2022 from 9-11

- Setting up and taking down tables
- Serving food and drinks
- Line control

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MOCA Office

Mon-Fri 9:00am-12:00pm

Planning on visiting the MOCA
Office?

Please call **403-279-4530** to
make sure we are open

MOCA INFORMATION



MOCA GENERAL MEETING



The next General Meeting will be held on June 7th at 7:00pm in the MOCA Upper Hall

This is a great opportunity to find out what's happening in your community. We hope to see you there!

FACILITIES

MOCA Main Office

Rentals, Memberships, Volunteering

Location: 2110 69 Avenue SE

Telephone: 403-279-4530

Website: www.millicanogdencommunity.com

Rental inquiries: rentals@millicanogdencommunity.com

Office hours: 9:00AM - 12:00 PM

Jack Setter Arena

Location: 2086 69 Avenue SE

Telephone: 403-236-3727

SE Calgary Community Resource Centre

Location: 2734 76 Avenue SE

Telephone: 403-720-3322

BOARD OF DIRECTORS

President John McDonald
1st Vice President ... Lorraine Robinson
Treasurer Sarah Atkinson
Secretary Zev Klymochko
Human Resources Lorraine Robinson
Angela Cruickshank

SEC CRC Liaison Lorraine Robinson
Angela Cruickshank

Civic Affairs Barry Bickford
John McDonald
Rick Smith
Zev Klymochko

Facilities Jim Logan
Rick Smith
Community Hall Jim Logan
Expansion Barry Bickford
Rick Smith

A MESSAGE FROM OUR MLA, TANYA FIR

Hello Neighbours!

Along with having the privilege of being the MLA for Calgary-Peigan, I am also Associate Minister of Red Tape Reduction. These past couple of months my team and I have been busy working hard and I am pleased to announce that Alberta's government introduced Bill 21, the Red Tape Reduction Statutes Amendment Act which will cut red tape, making life better for Albertans. Alberta's government committed to cut red tape by 1/3rd and Bill 21 takes us one step closer to reaching that goal. As part of Alberta's Recovery Plan, these changes will drive economic growth, create jobs and diversify our economy. Bill 21 saves Albertans and their businesses time and money by digitizing forms, streamlining reporting requirements and making it easier to do business across the province. By cutting red tape, Alberta is attracting investment, creating jobs and becoming the freest and fastest moving jurisdiction in North America.

Additionally, Alberta has seen the highest employment rate in all of Canada, as well as the highest employment rate for women. Our province has added 145,000 jobs in the past year. Improved economic policies mean investors are choosing Alberta again, with companies such as Amazon, Dow, HBO, Air Products, Northern Petrochemical, and Walmart investing billions in landmark projects across the province. The economic boom we are embarking upon will be different from ones from the past, with our government putting a strong focus on economic diversification, to build a strong and resilient economy for the future.



Tanya Fir
MLA Calgary-Peigan,
Associate Minister of Red Tape Reduction
587.392.8850
calgary.peigan@assembly.ab.ca



COMMUNITY CLEAN UP

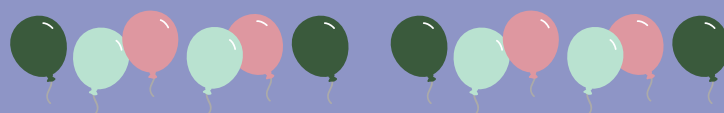
We would like to give a big "thank you" to all of our volunteers who supported us in our 2022 Community Clean Up! The event was a huge success and we couldn't have done it without you!





JACK SETTER ARENA

**ARENA IS NOW AVAILABLE
TO RENT FOR REUNIONS,
WEDDINGS, PARTIES, AND
MANY MORE!**



Interested in booking Jack Setter Arena for your event?
Please call (403) 279-4530 for more information!



COMMUNITY DIRECTORY

PROGRAMS

Blackfoot Hockey	403-640-9113
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
Friends & Family Dental Health	403-236-5171

COMMUNITY RESOURCES

Calgary Police Services	403-428-6600	MP- Tom Kmiec	403-974-1285
Calgary Public Library	403-260-2600	SE Calgary Community Resource	403-720-3322
Calgary Airport Authority	403-735-1408	Centre	
Ward 9- Councillor Carra	403-268-5330	Ogden 50+ Activity Club	403-279-2003
MLA- Tanya Fir	587-392-8850	Silvera for Seniors	403-276-5541



Monthly

Newsletter

SE Calgary Community Resource Centre

JUNE

2022

**2734
76 Avenue SE**

Hours of Operation:

Monday -Friday

8:00-4:00PM

(Closed) 12:00-1:00PM

403-720-3322

Mission Statement

To provide information, education, referrals, and advocacy with kindness and care.

Community Tool Lending Shed

The Community Tool Lending shed is available to the public for yard care tools to borrow!



How we can help:

At the Southeast Calgary Community Resource Centre we can help you with your job search, resume writing, & practice with interview skills. We also offer help with advocacy, assistance with applying to

government benefits, & referrals.

On the second floor you will find a free computer lab with printing, faxing and other services available during our hours of operation. Please call to book an appointment with our Career & Community Connections specialists.



Did you know?

26% of families in our communities are lone parent families and 26% of the children live in poverty.

Help us help them to have the things they need to live healthier lives, like diapers, school snacks, & bedding

Thank you!

Services Available:

Free Clothing Room
Open Monday-Friday
9:00-11:00am & 1:00-3:00pm

If you are a lone parent or know of any one who is a lone parent in need of support, we offer counselling, one on one support, parenting education and a drop in and play centre.

Millican Ogden Community Association

2110 69 Avenue SE

P: (403) 279-4530

E: rentals@millicanogdencommunity.com

AVAILABLE RENTALS - Upper Hall

Select venue rentals available for:

- Private events
- Day camps
- First Aid classes (*Professional Development*)
- Home schooling (*gym*)
- Fitness classes
- Meetings
- Art sessions, etc.
- You name it , we will try to accommodate

Rental Fees:

- \$50/hr (min. 2 hours)
- \$500 Refundable Damage Deposit
- Event Package \$750 (Friday 1pm to Sunday 9am)

Amenities:

- Commercial Fridge
- Microwave
- Coffee Urn - 100 cup
- Sink
- Tables/ Chairs



WELCOME TO OUR CENTENNIAL HOME

6617 -18 St. SE Millican Estates



The original house was built by Mr. Millican, a contractor, in 1912. The first owner of the house was Herbert W Millican, a helper at Canadian Pacific railways. He purchased the modest 820 sq ft house in 1912. The Mills family lived in the house until 1953. Over the next few decades several families lived in this home:

- **1954:** Marlin C Lockings, salesman at the Canadian bakeries.
- **1955:** Mechl Beitel, carpenter, and Viola
- **1956-1959:** Henry P Smith, plasterer
- **1960:** John L Martholler, trucker
- **1961:** R. H. Willson
- **1962-1963:** John L Martholler, trucker
- **1963 - 1973:** David Cunningham, painter, and Mary L
- **1974 - 1990:** Doug Messenger, heavy duty mechanic, and his wife Irene. Over that 16 years, the Messengers added 1000 sq ft of renovations.

- **1990 - present:** France Lonneville, self-employed with her two daughters. In 1998, Jerry Wojcik moved in with France and continues to improve the house with pride for the heritage of the area.

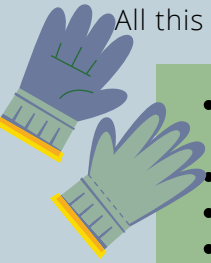




COMMUNITY GARDEN

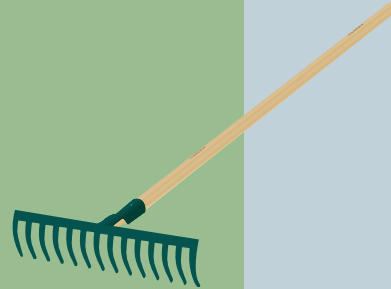


Over the past three weeks, you'll have seen a lot of activity take place at the corner of 18th Street and 69th Avenue. Soil was delivered, landscape fabric was laid, boxes were built, and a fence constructed. The net result of all this hard work is that Ogden is now home to a community garden, providing a location for gardeners to connect, meet like minded people, exchange seeds and garden tips, and find a space to plant when space is tight.



All this happened through kind donations from a long list of benefactors. In particular, we want to thank:

- TD Friends of the Environment Foundation
- The Calgary Foundation
- City of Calgary Parks
- Riverbend Hardware
- Leno's Renos
- CP Rail
- Lux Windows
- Home Depot
- Costco
- Co-op
- McDonalds
- Starbucks
- Food Street Pizza
- Boston Pizza
- CPU
- Subway
- Circle K
- Our donors from GoFundMe
- and all our volunteers!



We would like to give a big "than you" to all of our volunteers for their support of the project. If it wasn't for the generosity of these donors, none of this could have happened and we owe them a debt of gratitude.

Now that we have a garden, we're providing gardeners with their orientation, and you'll see that the beds are being planted. Before long those rows of empty boxes will be overflowing with fruits, vegetables, and flowers.

Looking forward, we still have some work to do. We'll be planting the empty ground on the east and west sides of the garden with perennials for colour, and our longer term plan is to construct a gazebo in the middle of the garden to give everyone a place to rest and get out of the sun.

That having been said, thank you again to everyone who helped, we're thrilled to have gotten this far and can't wait to see what comes next!

HOW TO KEEP COOL IN SUMMER HEAT

With summer just around the corner, it's important to be mindful of how the sun can affect our bodies and what we can do to protect them!

Decrease your Sun Exposure

The sun is most intense between 10AM and 4PM. A good rule of thumb is to practice the **shade rule**: if your shadow is shorter than you, you should find some shade.



Pay Attention to the UV Index

An Ultraviolet or UV Index measures the strength of UV radiation at a particular place and time. You can visit the weather network's UV Report at <https://www.theweathernetwork.com/en/city/ca/alberta/calgary/uv> to see what Calgary's current UV index is and what each number means.

Be Cautious Around Reflective Surfaces

Surfaces such as water, snow, and sand reflect the sun's rays and increase your chances of getting sunburnt

Wear Protective Clothing and Sunglasses

Wearing long sleeved clothes as well as hats and sunglasses to help protect yourself in the sun.



Be Aware of How Medications

There are some medications that can make you more sensitive to the sun. These include some antibiotics, anti-inflammatory



BUSINESS SECTION





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Mortgage Professional
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E. dale.parry@cmlmortgages.com
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leaks - sinks - showers - toilets
furnace install & service - gas lines

Mike and DRAIN CLEANING!!

403-479-9226

NOW IS THE BEST TIME TO SELL YOUR HOUSE

Total Residential Benchmark Price Change for Ogden
compared to last April

↑ 15.3% Y/Y

(Average Benchmark Price, from April 2022 over April 2021)

We are here to help. Please call us today for a
complimentary home evaluation



Colleen Whelan
Real Estate Team
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REALTOR®
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colleen@blessthishouse.ca

CORINNE MAHER
Real Estate Assistant
403-978-2989
corinne@blessthishouse.ca

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adults, and seniors!**



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hygienists we could find!



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with free dental sedation.

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Glenmore Inn.**



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might need braces? Book
a free consultation with
Dr. Jeffrey Ma to find out.



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book online!**

Glenmore Inn & Convention Centre



Garden Court Restaurant open daily from
6:30am-2:00pm.

Monday-Friday featuring daily plated lunch
and soup specials.

Saturday & Sunday dinner buffet 5:00pm-
9:00pm.

KIDS EAT FREE every Sunday
evening buffet. 1 child (under 10) will
eat free for each paying adult.



Father's Day Brunch & Dinner
Buffets - June 19th

Sunday Brunch 10:00am-2:00pm.

Elbow Lounge open daily from
2:00pm-10:00pm.

Carving Board Restaurant open
Monday-Friday from 5:00pm-
10:00pm.



Located at 1000 Glenmore Court SE Calgary, Alberta T2C 2E6
Toll Free: (800)661-3163 | (403) 279-8611
Email: reservations@glenmoreinn.com



Grab & Go Breakfast

MON-FRI 7:30AM-8:30AM

May 2- June 31

FREE BREAKFAST

Come to YCC for free hot breakfast on
your way to school!

OPEN TO ALL SCHOOL AGED KIDS

7400 23 ST SE, CALGARY, AB T2C 0X9

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**For Everyone
Ages 9-15**

ycc
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