

# THE MOCA MOTION

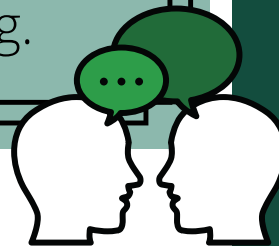


**MILlican-OGDEN**  
COMMUNITY ASSOCIATION

## IMPORTANT SPECIAL GENERAL MEETING!

**A special General Meeting was  
held on March 1st at 7:00pm  
in the MOCA Upper Hall**

This was a great opportunity to find out what's happening in your community. Please join us for our April 5th General Meeting.



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### **MOCA Office**

Mon-Fri 8:30am-4:00pm  
*Closed from 12-1pm*

Planning on visiting the MOCA  
Office?

Please call **403-279-3973** to  
make sure we are open

# MOCA INFORMATION



## 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

## FACILITIES

### MOCA Main Office

*Rentals, Memberships, Volunteering*

**Location:** 2110 69 Avenue SE

**Telephone:** 403-279-3973

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

**Rental inquiries:** [rentals@millicanogdencommunity.com](mailto:rentals@millicanogdencommunity.com)

**Office hours:** 1:00 - 4:00 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



# CALGARY SNOW ANGELS





The image shows the Calgary logo (a red rectangle with 'Calgary' in white) and a photograph of a person using a shovel to clear snow from a sidewalk.

Snow & ice can be challenging for older adults and those with limited mobility. #YYCSnowAngels help their neighbours by clearing their sidewalks after it snows.

For more info, visit <http://calgary.ca/snowangels>



## A MESSAGE FROM OUR MLA, TANYA FIR

Dear Constituents,

March comes in like a lion and out like a lamb, and good news is abounding in Alberta as we lead the country in economic growth.

With companies making massive investments in tech, clean energy, manufacturing, oil and gas, and film and television, our province is once again expected to lead the country in growth in 2022. The most recent reports show increases in retail sales, restaurant sales, wholesale trade and oil production. Further, the province saw building permits increase by 30 per cent over the past year.

This isn't spontaneous growth either, this recovery has been purposefully built since the spring of 2019. From policies aimed at cutting corporate taxes and reducing red tape to actively seeking out major projects and investors to come to Alberta, our government has been laying the framework for this thriving economic situation since taking office.

As an example, EY Canada is building its first Canadian-based Finance Centre of Excellence in Calgary. The centre will offer cutting-edge internal finance services that meet the most pressing needs of the business and joins a growing list of EY Finance Centres of Excellence around the world with distinct areas of focus ranging from cybersecurity, innovation and analytics to robotic process automation and manufacturing services.

Also, Alberta's government continues to fund more mental health supports across the province. Another recent example is the \$1.48 million provided to four non-profit organizations and seven researchers through the Supporting Psychological Health in First Responders program. Alberta firefighters, police officers, paramedics, sheriffs, corrections officers, and emergency health-care workers put their lives on the line daily to keep Albertans safe. Thank you, as always, for your strength and fortitude.



**Tanya Fir**

MLA Calgary-Peigan,

Associate Minister of Red Tape Reduction

587.392.8850

[calgary.peigan@assembly.ab.ca](mailto:calgary.peigan@assembly.ab.ca)





# COMMUNITY GARDEN




**There's something growing at the corner of 18th Street SE and 69th Avenue SE.**

A group of passionate gardeners from the community are working on establishing a community garden in Ogden. Their vision is to provide a shared space for people to gather. This will allow like minded community members to connect, serve as a place for horticultural education, provide safe outdoor recreation, and create a place for residents to garden who might otherwise lack the space. The plan of the organizing committee is to construct 42 raised garden beds in the southwest corner of Lynnwood Park which would be available for rental to residents to grow flowers or food. The site surrounding the garden will be landscaped and planted with a mix of edible and ornamental plantings and fenced.



So far, the committee has created a detailed plan for the garden, consulted nearby homeowners, obtained support from MOCA and the alderman, secured approval from the City of Calgary for the project, and obtained some initial funding. The city is currently drawing up a license of occupation for the land which will need to be signed by the city, MOCA, and the Calgary Board of Education.



The committee is currently fundraising for the construction of the garden and is soliciting donations from local businesses of materials, labour, or money. Once they reach their target, they'll start construction on the garden.

### Key elements of the construction include:

- Lifting and removal of sod from the site
- Installation of landscape fabric and gravel
  - Building the raised garden beds
- Construction of a fence around the area



To help in this process, the committee is looking for heavy equipment owners and operators who would be willing to assist with the lifting and removal of sod from the site, donations of aggregate and transportation for the gravel, help constructing the garden beds, and materials and installation for the fencing. If you want to stay up to date on the progress of the garden, want to help with any of the above, or have any questions; please get in touch with the garden committee by visiting their website at <https://www.locg.ca>







## Jack Setters Arena

2086 69th Avenue SE

**Telephone:** 403.279.3973

**E-mail:** rentals@millicanogdencommunity.com

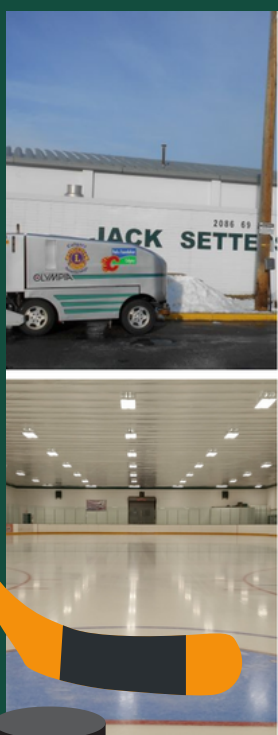
### AVAILABLE ICE

#### **PRIME:**

Season Oct - Mar/Apr - Mon-Sat 10:45 pm - 12:00 am

#### **NONPRIME:**

Mon - Fri 8:00 am - 3:00 pm



## **PRIVATE ICE RENTALS**

Jack Setters Arena

**\$60 30 minutes**

**Tuesday - Thursday 8 am - 2 pm**

**Friday 8 am - 11 am**

Contact:

rentals@millicanogdencommunity.com

403.279.3973

Jack Setters Arena

### **DROP-IN SKATE TIMES**

A graphic with a background image of an ice rink. It contains text about public skate times and membership benefits. On the left, there is a small icon of a person skating.

**Public Skate Times**  
\$2 EACH OR  
FREE WITH MOCA MEMBERSHIP  
TUESDAY & THURSDAY 3:15-4:30PM  
SUNDAY 1:30-2:45PM

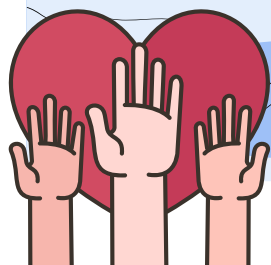
**Shinny Times**  
\$5 EACH OR FREE  
WITH MEMBERSHIP  
WEDNESDAY 12:00-1:15PM  
FRIDAY 12:00-1:15PM

**Stick & Puck Times**  
\$2 EACH OR FREE WITH MOCA  
MEMBERSHIP  
WEDNESDAY 3:15-4:30PM  
FRIDAY 1:45-3:00PM

### **WELCOME BACK!**

WWW.MILLICANOGENCOMMUNITY.COM 2086 69 AVE SE

*thank  
you*



A huge "thank-you" to Jeremy and his group of volunteers who helped maintain the rink at George Moss Park! We greatly appreciate your time and effort.



**MOCASOUTHEAST CALGARY**  
COMMUNITY RESOURCE CENTRE

2734—76 Avenue SE Calgary, AB T2C 4W9

**403.720.3322**

HOURS: Mon—Fri, 8:00am — 4:00 pm

(Closed 12pm — 1pm)

[www.secalgarycrc.ca](http://www.secalgarycrc.ca)

## **March Newsletter**

### ***Looking for Parent &***

### ***Child Programs?***

*Wonder Garden may  
just be the group for  
you!*



### ***Come join us for***

### ***Drop In & Play***

*for ages 0– 6 years of  
age.*

***Tuesdays,***

***Wednesdays***

***1-3PM***

***Thursdays***

***9-12, 1-5PM***

***Located at***

***2425 69th Ave SE***

### **Mission Statement:**

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



Tax services available  
for people experiencing  
low income

**March 10 - April 19**

The resource centre will  
have a free tax clinic,  
trained volunteers will  
help your prepare your  
tax return.

**Book an appointment**

**403-720-3322**

## ***Here's what we can help with:***

*-Resumes,  
job applications,  
interview skills  
-Basic needs  
referrals,  
advocacy,  
emergency food,  
hygiene products  
-Access to  
computers,  
faxing and printing  
-Computer Classes  
-WHMIS training  
If you need  
someone to talk to*



## Millican Ogden Community Association

2110 69 Avenue SE

P: 403.279.3973

E: rentals@millicanogdencommunity.com

### AVAILABLE RENTALS - Upper Hall

#### COVID Protocols:

- Sanitize your hands when entering the facility
- If you are not feeling well, please do not enter the facility
- Staff will still be cleaning and sanitizing

#### Although not mandatory, MOCA recommends:

- wearing masks in common areas
- practice physical distancing

#### Rental Fees:

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

#### 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

#### Amenities:

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





## Ogden House 50+ Activity Centre - Everyone is Welcome!

**ALL THE STAFF AND THE BOARD OF DIRECTORS WISH EVERYBODY A HAPPY VALENTINE'S DAY!!!**

Our Center is a place that gives meaning to the lives of our club members. By engaging people socially, emotionally, physically, and intellectually, we reduce isolation, reduce mental fatigue, and bring happiness and social inclusion. We invite everyone to visit us and check the activities we have.

Our address is **2102 - 69th Avenue SE Calgary T2C 3Y4**

Retired or not, there is a program or activity for your life and schedule. Call or drop by, please!

For further information please call **403-279-2003**, email **erika@ogden50plus.org** or **renata@ogden50plus.org**, or visit our website **www.ogden50plus.org**



**"FACE COVERING / MASKS ARE NOT REQUIRED IN OGDEN HOUSE AS OF 1 MARCH 2022.**

**HOWEVER, IF YOU CHOOSE TO WEAR ONE, THAT IS YOUR CHOICE.**

**NO ONE HAS THE AUTHORITY TO HARASS OR INTIMIDATE YOU FOR DOING SO.**

**IT IS UP TO YOUR DISCRETION ABOUT WHAT YOU DO."**

You will need to disinfect your hands, keep your distance. The temperature will be measured at the entrance, please sign in electronically and answer Yes or No to the COVID-19 questionnaire. Please follow all these steps, it is very important to all of us. **Safety always comes first.**

The Club is open from 8:00 am to 4:00 pm and our current programs are:

·**MENS COFFEE: Monday, Wednesday, Friday from 8:30 to 10:30 am**

·**LADIES COFFEE: Tuesday & Thursday from 10:00 am to 12:00 pm**

·**TABLE TENNIS: Monday: 9:00 am - 12:00 and**

**Tuesday/Thursday/Friday: 9:00 am - 12:00 pm**

·**MAHJONG: every Tuesday from 3:00 pm - 5:00 pm**

·**NEW ACTIVITY PICKLEBALL: Tuesday/Thursday/Friday: 12:00pm - 3:00 pm**

**AND Wednesday from 9:00 am - 12:00 pm**

·**CARPET BOWLING: Monday from 1:00pm to 3:00 pm)**

·**PAINTING: Tuesday/Thursday from 9:30 am-11:30am**

·**QUILTING: Monday 9:1:00pm-3:00pm**

·**CARPET BOWLING & POTLUCK: Wednesday 12:00pm-3:00pm**

·**ZUMBA: Thursday 3:00pm-4:00pm**

·**CRIBBAGE: Tuesday/Thursday 1:00pm-3:00pm**

·**SILVER SHADES PODCAST:every Thursday at 3:00 pm**

·**GAME NIGHTS ON Wednesday AND Thursday FROM 7:00pm - 9:00 pm**

**Online: Chair YOGA through ZOOM.**

**The Housekeeping Program** continues working and helping seniors. This is a convenient service to help low-income seniors to keep their home clean and safe. Services can be provided even if you do not qualify for the Government Program. If you do not qualify, you get the services for a setup rate. To apply or for more info please contact Erika Rodriguez, Supervisor. (587) 839-6405.Call or text.

**SILVER SHADES PODCAST**, Ogden House continues with the podcast available to all of you. You can find the podcast on the website [silvershades.ca](http://silvershades.ca); Spotify, Overcast, Apple podcast, Pocket cast and Google podcast. On this podcast, we will discuss topics of importance to seniors and the community in general. We will also share stories and connect with seniors in the city. For suggestions for what to cover in the podcast or comments, please refer to the feedback form on the website.

SAVE THE DATE!



# 2022 COMMUNITY CLEAN UP

*Volunteers are needed from 8:45-11:45 OR 11:30-2:15*



***The Community Clean Up  
will be held on May 7th,  
2022 from 9:00AM to  
2:00PM***

If you are interested, please email  
[generalmanager@millicanogdencommunity.com](mailto:generalmanager@millicanogdencommunity.com)  
or call 403-279-4530





## **Come join our FREE Children's Millican Ogden Calgary AfterSchool Program**

Together we will participate in a variety of games, crafts and activities to build our social and emotional skills while practicing safe guidelines as outlined by Alberta Health Services.

Jan 24-May 18, 2022

Tuesday and Wednesday

3:00 pm – 5:00 pm

Grades 1-4

Millican Ogden Community Association

2110 69<sup>th</sup> Ave SE

**Space is limited to ensure physical distancing**

**Call Kevin MacMillan at 403-305-5673 for more information**



# 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
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

# MOCA MEMBERSHIPS

Interested in gaining more from your community? Purchasing a MOCA Membership offers special services and perks listed below:



- Free public skating and stick& puck at Jack setters Arena
- Member perks at participating partners
- Voting rights at the AGM
- Receive the MOCA Motion newsletter monthly
- Supporting your community



Available for individuals, couples, and families. Senior memberships are free! For more information or to get your own, visit:

<https://www.millicanogdencommunity.com/index.php/about/memberships/>

# ST. PATRICK'S DAY FACTS!



St. Patrick's Day is an Irish national holiday with banks, stores, and businesses closing for the day

Shamrocks are the national flower/emblem of Ireland



Legend says that each leaf of the clover has a meaning: Hope, Faith, Love, and Luck



The color of St. Patrick's Day was originally blue. It's thought that the shift to green was because of Ireland's nickname "The Emerald Isle", the green in the Irish flag, and the shamrock



1962 was the first year Chicago dyed their river green for St. Patrick's Day





## BUSINESS SECTION



### PANTHER TAE KWON DO

30th year Anniversary at MOCA

- >Self – defense
- >Physical Fitness
- >Self – control
- >Weight Control
- >Self – confidence
- >Competition

**For Men Women & Children**

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

For more information, please contact Colin at  
[goldeye@hotmail.ca](mailto:goldeye@hotmail.ca)

### Lynnwood **PLUMBING** & Heating

\* Local Red Seal Plumber Gasfitter at the ready.

\*Friendly, competitive prices and quality work.

kitchen/bath renovations

hot water tanks - sump installs

fixture installs - garage heaters



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 PRICE CHANGE  
IN THE COMMUNITY  
OF OGDEN

**7.7%**   
January 2022

Colleen Whelan  
Real Estate Team  
BLESS THIS HOUSE

Capital Realty

[www.BlessThisHouse.ca](http://www.BlessThisHouse.ca)

- Community Centred
- Service Oriented
- Experienced & Knowledgeable

@BlessThisHouse.ca

@colleen.corinne\_realestate



Contact us today to discuss your real estate goals

COLLEEN WHELAN  
REALTOR®  
403-471-4234  
[colleen@blessthishouse.ca](mailto:colleen@blessthishouse.ca)

CORINNE MAHER  
Real Estate Assistant  
403-978-2989  
[corinne@blessthishouse.ca](mailto:corinne@blessthishouse.ca)



# Your family-friendly Ogden dentist.

Great for kids, teens, adults, and seniors!



## Next-level Dental Hygiene

Laser disinfection, ultrasonic scaling, and the gentlest hygienists we could find!



## Beat Dental Anxiety

Access the care you need with free dental sedation.

Find us next to the Glenmore Inn.



## Invisalign + Orthodontics

Think you or your child might need braces? Book a free consultation with Dr. Jeffrey Ma to find out.



**Friends & Family**  
DENTAL HEALTH

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



Scan here to  
book online!



## YCC IS OPEN!

Every day after school, YCC is open to  
kids Aged 10 - 15 with:

Healthy food, laptops for homework,  
friendship, sports, art, games, music  
lessons and a safe place to be a kid

Everyone is welcome to come by! If you  
haven't joined YCC yet, this is a perfect time!  
We can't wait to have you!

For Kids 12 and up please show your proof of vaccine at  
the door on the first day!



**Stop by every week: Mon -Th 3-6pm, Fri 12-5,  
PD Days 11- 4pm**

Youth Centres of Calgary - Ogden, 7400 23 St SE

Contact & Inquiries: Jane Wachowich, [info@youthcentresofcalgary.com](mailto:info@youthcentresofcalgary.com)

## NEW local Recycling Drop Off at ECCO Recycling

**10114 - 24th Street SE**

**Monday to Friday 7am - 4:30pm  
Saturdays & Holidays 7am - 2pm.**

- Plastics with the recycling symbol 1-7 (excluding foam cups, containers or packaging)
- Plastic bags
- Paper and cardboard
- Metal food cans, tins and foil
- Beverage containers\*



## FREE DROP OFF

All materials will be recycled ON-SITE



\*All beverage containers are donated to KidSport Recycle4Life Initiative.



**Dale Parry**  
**Mortgage Professional**

P. 403-875-8851

E. [dale.parry@cmlmortgages.com](mailto:dale.parry@cmlmortgages.com)

[www.daleparry.ca](http://www.daleparry.ca)



**For Your Mortgage Questions!**

**Contact me today!**



## 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.



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](mailto:reservations@glenmoreinn.com)