

THE MOCA MOTION



**MILlican-OGDEN
COMMUNITY ASSOCIATION**

MOCA is seeking additional Board Members

*This is a great opportunity to get more involved in
your community and help make a difference in the
Millican, Ogden, and Lynnwood areas*

If interested, please contact John MacDonald, President at
president@millicanogdencommunity.com or
Lorraine Robinson, Vice President & HR at
hrpolicyprocedure@millicanogdencommunity.com



Our AGM is on October 11th! Keep
reading for more details...

**DON'T FORGET TO GET
YOUR 2022-2023
MOCA
MEMBERSHIP!**



Please see attached to the back of this
newsletter a copy of our membership
form. Please fill it out and bring it to
our office located at
2110 69 Ave SE (don't forget to call
before hand to ensure that our office is
open).

You can also renew your membership
online at
[https://www.millicanogdencommunity.com/
index.php/about/memberships/](https://www.millicanogdencommunity.com/index.php/about/memberships/)

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



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

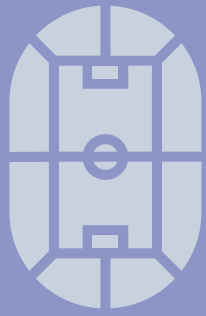


YOU ARE INVITED TO OUR ANNUAL GENERAL MEETING (AGM)

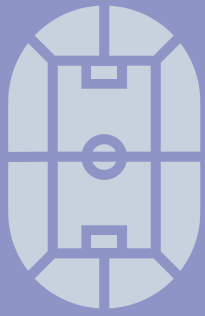
Anyone can attend the Annual General Meeting, regardless if you are a Millican, Ogden, or Lynnwood resident or not. However, please note that you must have a valid 2022-23 MOCA Membership in order to vote for motions. Memberships can be purchased at the MOCA office or on our website!



Location: MOCA Upper Hall, 2110 69 Ave SE
Date & Time: October 11th, 2022 @ 7 PM



Jack Setters Arena



Location: 2086 69th Ave SE

Phone: (403) 279-3973

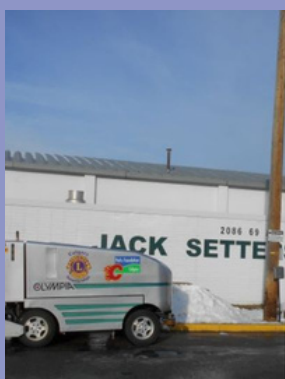
Email: rentals@millicanogdencommunity.com



AVAILABLE ICE

NONPRIME:

Tues - Thurs 9:00 am - 3:00 pm



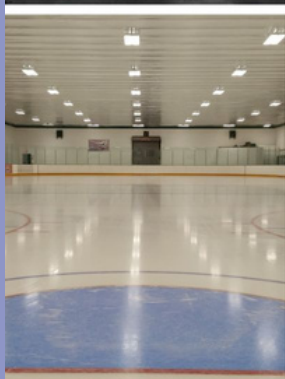
PRIVATE ICE RENTALS

Jack Setters Arena

\$60 30 minutes

Tuesday - Thursday 9 am - 3 pm

Contact:
rentals@millicanogdencommunity.com
403.279.3973



DROP-IN SKATE TIMES

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

WEDNESDAY 12:00-1:15PM
FRIDAY 12:00-1:15PM



Stick & Puck Times

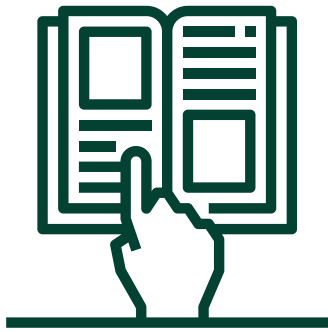
\$2 EACH OR FREE WITH MOCA MEMBERSHIP

WEDNESDAY 3:15-4:30PM
FRIDAY 1:45-3:00PM

WELCOME BACK!

WWW.MILLICANOGDENCOMMUNITY.COM 2086 69 AVE SE





COMMUNITY DIRECTORY

PROGRAMS

Wolverines 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

Cambodian Temple	403-235-5415
Ratchatham Buddhist Society	403-279-9155
Shia Muslim Association of Calgary	403-235-1212
Abu Bakr Islamic Center	403-402-9594
St. Bernadette Church	403-236-2979
The Neighborhood Church	403-264-0598
Avenue Church	403-279-3663
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

September
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!

We want to give a huge thank you to the Kiwanis Bike Program!

With their help, many of the children in Ogden were supplied with bicycles this summer.



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.

Services Available:

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

Back to school is around the corner!
We are accepting donations of backpacks, binders, paper, notebooks, pencils etc.



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



Ogden House 50+ Activity Centre - Everyone is Welcome!

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 Center is fully renovated. We invite you to come visit us and check out the activities that 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!

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



September at Ogden 50+ Activity Centre

Pizza Lunch

SEPTEMBER 7 @ 12 PM

\$5 for two slices - Phone 403-279-2003 to place an order

Real Estate Seminar - When is the Best Time to Sell Your House?

SEPTEMBER 8 @ 12 PM

The decision to sell your home is one of the most important decisions you'll ever make. But WHEN is the best time to sell? In this seminar we will look at all the factors to consider to be sure you sell your home at just the right time. Presented by Richard Anderton of eXp Realty

Hearing Health Clinic

SEPTEMBER 13 11 - 12 PM

Learn how hearing health relates to other issues as we age.

Open House

SEPTEMBER 17 10 - 2 PM

See what we have to offer! We will have a short video presentation on the club over the years, followed by free refreshments and program demonstrations.

TGIF Dinner

SEPTEMBER 30 @ 5 PM

Menu - Stuffed chicken breast with cream sauce, baked potato, coleslaw, and mixed veggies Dessert - Peach cobbler with ice cream

Featuring performance by Elvis impersonator Will Reeb!

\$20 Members - \$25 Non-Members

Phone 403-279-2003 to book your table

Potluck Lunches

Every Wednesday @ 12 PM

Stop by the center with two sandwiches, one for you and one to share. All fillings are welcome! If you don't want to bring a sandwich, pay \$3 for lunch. Dessert provided.

Program Highlights

Seated Fitness with Louise - Fridays 10 - 11 AM

A fun and dynamic workout from your chair! \$20 per month

Table Tennis - Monday, Tuesday & Thursday 9 - 12 PM

Our table tennis group is growing and ready to teach new players. Stop by the centre to try out this great activity.

Computer Workshop - Wednesdays 1 - 2 PM

Have a computer problem or question? Neil is here to help.

Seeking Book Fair Donations - if you have extra books you'd like to donate, please contact Zoë at 403-279-2003 Ext. 202

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; 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.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

September 30th will be Canada's second National Day for Truth and Reconciliation.

This day honours the lost children and Survivors of residential schools, their families, and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Due to the effects of colonization in Canada, many Indigenous children were placed in residential schools where they were not allowed to speak their languages, practice their spiritual beliefs, wear their cultural clothes or wear their hair how their ancestors did. Residential schools were a form of cultural genocide.



Residential school students had a difficult time returning to their communities (if they survived). They lost their beliefs, their language, and many lost their families and communities. Many students didn't return back home because they passed away in the residential schools.

Phyllis (Jack) Webstad started Orange Shirt Day in remembrance of the orange shirt she wore to her first day at the Mission residential school, which was taken from her along with all her belongings upon arrival. The orange shirt symbolizes the pain and hurt Indigenous children had to endure during and after their time at residential schools. The date of September 30th was chosen because this is the time when the school year begins and reflects the time when Indigenous children were taken from their families and placed in residential schools.

HOW TO GET INVOLVED

Wear an orange shirt from a local Indigenous vendor to show your allyship and solidarity. The [website below](https://www.westernliving.ca/shopping/accessories/Where-to-Purchase-Orange-Shirts-for-Canada-Day/) has a list of online shops selling orange shirts where the proceeds will be donated to Indigenous causes:

<https://www.westernliving.ca/shopping/accessories/Where-to-Purchase-Orange-Shirts-for-Canada-Day/>

Read the White
Good Flying
Report - Calls
to Action

Read the Truth and
Reconciliation
Commission of
Canada: Calls to
Action

HOW TO TALK ABOUT ORANGE SHIRT DAY WITH CHILDREN

Adults can approach the subject tenderly, honestly, and with age-appropriate content. Visit <https://brainninjas.ca/orange-shirt-day-every-child-matters/> for a list of resources including age-appropriate books, activities, and other resources to help teach children about the history of residential schools.

Millican Ogden Heritage

Ogden's First Bakery



An unobtrusive stuccoed building sits just off Ogden Road at 7011 24th Street. It is a home, but doesn't look like any of the other houses nearby. It seems to have some kind of commercial influence as part of its history. And indeed it does have a commercial history! The building, built in 1914 or earlier, was Ogden's first bakery.

The Henderson's Directories listings (similar to a phone book) show the following information:

- 1914 - Schweitzer, Wm (William) H., baker, as the occupant.
- 1915 - Hanna Wm, baker



The current owner has lived in the home for about 30 years. When she moved in, there was still a set of large, original wooden doors at the back of the building, leading into a large open space with wood floors. This would have been the delivery area where horse drawn carts would drop off supplies or take away baking. In the same space was a bakery rack with open shelving where dough could rise or baked goods could cool off.

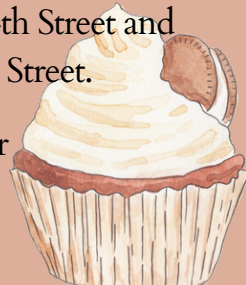


Wooden sidewalks ran around the exterior of the building. At that time, the exterior of the building was white painted cement, and a beautiful metal cornice ran along the length of the top at the front of the structure. Two small, lovely stained glass windows, which still remain, graced the front of the building. The garage had a dirt floor with a pit dug in it for car maintenance accessibility.



This aerial photo from 1924, where the small black dot is, shows the building as it was at that time. One can easily see two fenced in areas which may have been gardens or a grazing area for livestock. 24th Street ends right near the building. The Ogden Hotel can be seen to the northwest of the bakery at the intersection of 24th Street and Ogden Road, which was then known at 26th Street.

If you would like to help preserve the heritage of our community, please get in touch! Email the Millican Ogden Heritage Group at wilkatm@shaw.ca.



A MESSAGE FROM OUR MLA, TANYA FIR

Dear Constituents,

Alberta's economy is booming. According to Statistics Canada's latest labour force survey, Alberta continues to create thousands of new jobs, marking nine consecutive months of job growth for our province. Alberta's unemployment rate recently dropped to 4.8 per cent. The policies of our government are working to create jobs and investments. By introducing the job creation tax cut, launching Alberta's Recovery Plan, and creating initiatives like Alberta Jobs Now and Alberta at Work, we continue to do all we can to make Alberta the best place in the country to live, work, play, start a business, and raise a family. As Associate Minister of Red Tape Reduction, I will continue to work tirelessly to cut outdated, unnecessary, or duplicative burdensome red tape that gets in the way of Albertans and Alberta businesses.

The governments of Alberta and Canada are helping more than 3,300 educators sharpen their skills through free early childhood brain science and development training. Funding of \$5.2 million is being provided to the Association of Early Childhood Educators of Alberta and the Alberta Resource Centre for Quality Enhancement that will give early childhood educators opportunities to enhance their understanding of early childhood brain science and childhood development. These organizations will use the funding to train educators and reimburse them for their training time. The funding is provided through the one-time investment of \$56 million in 2021-2022 to support the early childhood workforce under the made-in-Alberta child-care agreement with the federal government.

The Queen Elizabeth II Jubilee Medal recognizes the contributions of outstanding Albertans. If you know someone in Calgary-Peigan that has contributed to our community and should be nominated for this honour, please contact my office.

Wishing you a lovely fall and happy back to school for kids!

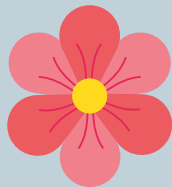


Tanya Fir
MLA Calgary-Peigan,
Associate Minister of Red Tape Reduction
587.392.8850
calgary.peigan@assembly.ab.ca

COMMUNITY PICTURES

Interested in sending us pictures of your lawn or garden? Email you photos to generalmanager@millicanogdencommunity.com

Thank you for making Ogden beautiful!



All ads placed in the business section are paid advertisements with no endorsement by MOCA

BUSINESS SECTION



Dale Parry
Mortgage Professional
P. 403-875-8851
E. dale.parry@cmlmortgages.com
www.daleparry.ca





For Your Mortgage Questions!
Contact me today!



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

CONGRATULATIONS COLLEEN FOR BEING AWARDED THE 2021 REALTOR® OF THE YEAR – T.W.H. (BILL) SAUNDERS MEMORIAL AWARD!

This accolade is the most prestigious award a CREB® (Calgary Real Estate Board) member can receive and recognizes REALTORS® who exemplify high standards of professionalism, integrity, and outstanding dedication to the community.

"I am so honoured," said Colleen, after she was announced as the award recipient in June 2022. "To be recognized in this way is probably the highest honour I could ever be granted."

GW Colleen Whelan
Real Estate Team
BLESS THIS HOUSE
www.BlessThisHouse.ca

MaxWell
Capital Realty



- 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

CORINNE MAHER
REALTOR®
403-978-2989
corinne@blessthishouse.ca

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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



**Scan here to
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.



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



www.ogden50plus.org

403.279.2003

JOIN US!

OPEN HOUSE

★ **OGDEN OVER THE YEARS
PRESENTATION** ★

★ **PROGRAM DEMOS:
PAINTING, PICKLEBALL,
WOODCARVING AND MORE!** ★

★ **FREE REFRESHMENTS** ★

**SATURDAY, SEPTEMBER 17
10 AM - 2 PM
2102 69 AVE SE**



CARD # _____ Valid: _____ to May 31st 2023

Name (Please Print): _____ Ph.#: _____ Cell#: _____

Address: _____ Postal Code: _____

☐ Consent to receive emails Email: _____

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

1. _____
2. _____
3. _____
4. _____

Would you like to be contacted for Volunteer
Activities?

- ☐ Yes
☐ No

Membership Type:

- ☐ Family \$ 25.00
☐ Couple \$ 20.00
☐ Single \$ 16.00
☐ Senior 65+ (\$ Free)

If Yes, Check any of the Following:

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

Paid by: ☐ Cash ☐ Cheque (#): _____ ☐ Debit ☐ Master Card ☐ Visa ☐ PayPal

Signature: _____ Date: _____

****Memberships Expire Annually and are Non-refundable****

Mail or Drop Off (See Address Below)

Admin Office - Business Hours Mon to Fri 8:30 am - 4pm After Hrs.: 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
 - ✚ 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 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 reps 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