



MILlican-OGDEN
COMMUNITY ASSOCIATION



DON'T FORGET TO GET YOUR 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/>

WANT TO BE ADDED TO OUR EMAIL LIST?



To receive the e-copy version of the MOCA Motion or any other community news, send us your email at
admin@millicanogdencommunity.com

MOCA Hours

Monday: 8:00-12:00

Tuesday: 8:00-4:00 (closed 12-1 for lunch)

Wednesday: 8:00-12:00

Thursday: 8:00-4:00 (closed 12-1 for lunch)

Friday: 8:00-12:00

Week-ends, nights, and Statuary Holidays:
closed

Our Casino will be held on March 28 & 29th, 2023 at the Deerfoot Casino! If you are interested in volunteering, please complete the form at the end of this newsletter and drop it off at the MOCA Office. Thank you :)

Planning on visiting the MOCA Office?
Please call **403-279-4530** to make sure we are open

BOARD OF DIRECTORS

President John McDonald
 1st Vice President Lorraine Robinson
 Treasurer Brittny Folvik
 Secretary Zev Klymochko
 Human Resources Lorraine Robinson
 Angela Cruickshank
 Financial Audit Brittny Folvik (Chair)
 Jim Logan
 Barry Bickford
 SE CCRC
 Board of Directors Lorraine Robinson
 Angela Cruickshank
 Civic Affairs Barry Bickford (Chair)
 Zev Klymochko
 Rick Smith
 John McDonald

Civic Affairs Sub-Committees

(Green Line, Airport Noises,
 Lease & Insurance)

Rick Smith (Chair)

Facilities Jim Logan
 Rick Smith

Community Hall Jim Logan
 Expansion Barry Bickford
 Rick Smith

Policy & Procedure/Bylaws/
 Business & Strategic

Planning Lorraine Robinson

Community Garden Sean Carney



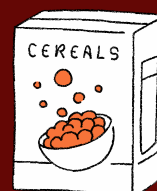
Santa Skate



Sunday, December 18th from 1:30-2:45PM

Join us for hot chocolate,
 cookies, pictures with Santa,
 and fun activities!

Please consider purchasing an extra box (or
 two!) of cereal to leave in the donation bin for
 the SE Calgary Community Resource Centre



Thank you Glenmore Square
 Scotiabank for donating to our event!



A MESSAGE FROM THE MOCA VICE PRESIDENT

As we welcome the month of December, I remain grateful for the great community I have had the opportunity to live in for close to 40 years. We are truly blessed to not only be living in an urban community with so much green space, but also in a community which has such a small-town feeling.

The MOCA Board welcomed three new Directors at the November Directors' meeting. As only 9 of the 12 positions were filled at the October 2022 AGM, the following three directors were appointed to the 2022-2023 term as per Bylaw 6.1.2: **Corinne Watt, Gary Sarohia & Skylar Loder**. They will be introduced to the membership at the December MOCA General Meeting.

The upcoming events include:

- Saturday, December 3rd: The Annual SE CCRC (South East Calgary Community Resource Center) **Christmas Craft Sale** in the MOCA Hall from 11 am to 3 pm
- Tuesday, December 6th: the **MOCA General Meeting** at the MOCA Hall at 7pm;
- Sunday, December 18th: **Santa Skate** at the Jack Setters Arena from 1:30 to 2:45 pm. In advance the arena is collecting good used hockey skates and helmets to clean, sharpen and give away.
- Ongoing in early December: The SE CCRC is working with St. Bernadette School, Ogden House, Grace Anglican Church, Ogden Anglican Church, CPR, Kiwanis Club, Scotia Bank and Lions Club to support families in need at Christmas. For more information, contact the SE CCRC at (403) 720-3322

Though hall expansion plans are moving forward slowly, this has not impacted the Upper Hall rentals. The hall is presently booked just about every Friday and Saturdays until the first week of January.

December is also a time to reflect and thank the people who work to make a difference in our community and/or for all Calgarians. On page 4 you will find an article congratulating three individuals who work and/or live in our community who have recently been recipients of very distinguished awards. Congratulations Pieter, Jane, Renata, Lynn, and Shirley. I would also like to take this time to thank our employees of our three work sites for their great work:

- MOCA Office: **Marsha Staples** - General Manager and sharing the MOCA Office position: **Kathy** - Bookkeeping, **Janaya** - Newsletter and Social Media, **Sandy** - Admin, and **Rhoda** - Janitor.
- Arena Staff: **Tony Ellingson** - Senior Attendant and the following part time Arena Attendants: **Brian, Garry, Orli, Zoe**.
- SE CCRC: **Lynn Mutch** - Manager, **Shirley** - Career & Employment, **Melissa** - Community Connections, **Kam & Anna** - MO's, **Margie** - Program Assistant, and the **numerous volunteers** who assist with the Food Bank program and the Community Clothing Room.

In closing, I wish to extend my sincere appreciation to our **12 MOCA Directors**. Being a director for a community association is a volunteer-based position. Their time, knowledge and commitment is most appreciated.

And to all MOCA residents, with the many challenges that residents might be facing with the present economic and health reality, may this Christmas season provide you with a time to simply be with your family and loved ones.

Merry Christmas,

Lorraine Robinson
MOCA Vice President

COMMUNITY PEOPLE MAKING A DIFFERENCE!

Congratulations to the following Queen Elizabeth II's Platinum Jubilee Medal Recipients:



- Longtime MOCA resident **Pieter van Lindenberg** was recognized for his ongoing contribution of volunteer hours as Treasurer and Volunteer Inventor for the Ability Workshop Society, as past MOCA Treasurer & Facilities Director, as Chief Financial Officer for the UCP's Calgary Peigan Constituency Association, and for serving with Samaritan's Purse's Disaster Assistance Response Team specializing in the area of Water Sanitation and Health. *Truly a man with a very kind heart who is always eager to share his knowledge, time and talents. Much appreciated Pieter!*

- Founder and Executive Director of **YYC (Youth Centres of Calgary)**, **Jane Wachowich** was recognized for her dedication and commitment in ensuring that the Calgary youth of today have a safe place to go during the vulnerable after school hours. The Ogden Youth Centre, housed in a residential home located at 400 23 Street SE, Calgary, provides our community youth with access to varied after-school activities including homework assistance and daily snacks, all in a safe environment with adult supervision and mentorship during all open hours. Jane was also the recipient of **2022 Calgary Citizen of the Year Award**. *Thank you, Jane, for enriching the lives of our Ogden Youth! Your time and dedication are most appreciated!*



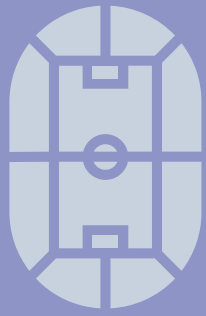
- Ogden 50+ Activity Centre** Executive Director, **Renata Michalski**, was recognized for her dedication and commitment to the Ogden 50+ Centre. In her role as executive director, she oversees the activities and services for over 300 members, thus ensuring that the Ogden 50+ Activity Center is a very social space for our seniors in the community. *Thank you, Renata for making such a positive impact on such a wonderful group of community members!*

- South East Calgary Community Resource Center (SE CCRC)** Manager, **Lynn Mutch**, was recognized for her great work in overseeing the operations of the SECCRC, located at 2734 - 76 Ave SE, Calgary. Under her leadership, Lynn has created a very warm and welcoming center which provides support and free programming to families and individuals working through life's challenges and transitions. *Thank you, Lynn, for your outstanding work. Your very caring approach makes for a very inviting and safe place for those requiring services and/or programming.*

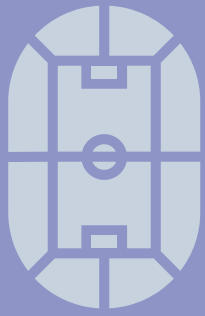
THANK
YOU



- Youth Singers of Calgary** Founder & CDO and longtime community resident, **Shirley Penner**, was recognized for the great gift of performance art she has brought to so many Calgarians since founding the Youth Singers of Calgary (YSC) over 30 years ago. With the great success of the Youth Singers of Calgary, Shirley has also been recipient of the YWCA Woman of Distinction Award, the 2005 Alberta Centennial Outstanding Citizen Award, the Queen's Diamond Jubilee Award and the Alberta Order of Excellence. *Thank you, Shirley, for your significant contribution to the lives of Calgarians age 3.5 to adult through the Calgary Youth Singer programming of music, theatre arts and dance*



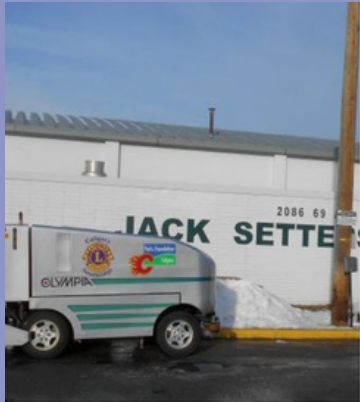
Jack Setters Arena



Location: 2086 69th Ave SE

Phone: (403) 279-3973

Email: rentals@millicanogdencommunity.com



PRIVATE ICE RENTALS

Jack Setters Arena

\$60 30 minutes

Tuesday - Thursday 9 am - 3 pm

Contact:

rentals@millicanogdencommunity.com

403.279.3973



AVAILABLE ICE

NONPRIME:

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

\$60 for 30 minutes of
ice time



George Moss Outdoor Rink



George Moss
Outdoor Rink is now
open!*

*Weather permitting - please
stop by the rink before skating to
make sure it is open



JSA Drop In Programs



Drop off your used skates and helmet at JSA (no clothing please)

PUBLIC SKATE



\$2 or FREE with MOCA Membership

Tues & Thurs
3:15-4:30

Sundays
1:30-2:45

ADULT SHINNY



\$5 per player

Wednesdays
12:00-1:15

Fridays
12:00-1:15

STICK & PUCK



\$2 or FREE with MOCA Membership

Wednesdays
3:15-4:30

Fridays
1:45-3:00

JACK SETTER ARENA

DAY TIME ICE

AVAILABLE FOR RENT OVER THE CHRISTMAS HOLIDAY!

Dates Available:

- December 19-22
- December 26-29
- January 2-6

Ice is available between 9AM and 3 PM

No ice available after 3pm

IF YOU'RE INTERESTED IN RENTING DAY TIME ICE OVER THE HOLIDAYS, PLEASE CONTACT
GENERALMANAGER@MILLICANOGDENCOMMUNITY.COM

Monthly

Newsletter

SE Calgary Community Resource Centre

DECEMBER

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.

Donations Accepted

We are open to accepting all donations of food, clothing, and small household items. No big furniture items please

Are you looking for an opportunity to sing, play and chat with other moms and dads?

We have two programs just for you!

Parent Child Mother Goose

Tuesdays

1:00 - 2:00 pm

Drop in Play.

Fridays

9:00 am - 12:00pm

Located at 2425 69 Ave SE



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.

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



Perfect for
family
gatherings,
Christmas
parties, staff
parties, and
many more!



Ogden House 50+ Activity Centre - Everyone is Welcome!

Our centre is a great place to meet friends, play games, learn new skills, and have great food. While our name says "50+" we are open to all ages! Our centre is fully renovated and open from 8:00 AM to 4:00 PM Monday to Friday. We have activities like table tennis, pickleball and carpet bowling for more active members, and cards, quilting, painting, and seated fitness for those with mobility challenges. For our full calendar of activities, please visit ogden50plus.org

Our address is **2102-69 Ave SE, Calgary AB T2X 3Y4.**

Retired or not, there is a program or activity for your lifestyle. Call or drop by.

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

The Housekeeping Program -

Services provided through the City of Calgary's Seniors Services Home Maintenance program. Phone 311 to apply. Regular rate of service: \$35 per hour. Contact the Housekeeping Supervisor at 587-839-6405 for more information.



December at Ogden 50+ Activity Centre

Christmas Tea & Bake Sale

Saturday, December 3, 10 AM - 2 PM

Two sales, one day! Stop by MOCA and Ogden 50+ on December 3 for all your holiday needs. Holiday baking (including gluten-free), crafts and artwork for sale. \$5 admission

Donations - Christmas Hampers

Ogden 50+ is seeking food and cash donations for our holiday hampers. We will be providing 30 hampers to families and seniors in need. Donations can be dropped off at 2102 69 Ave SE from 8 AM - 4 PM Monday to Friday. For a list of items to donate, please visit ogden50plus.org

Deadline: December 12

Conversation Café - Dementia

Wednesday, December 14, 1 PM - 3 PM

Do you or a loved one suffer from dementia? Stop in for a friendly conversation with others who understand. No membership or registration required.

TGIF Dinner with Santa

Wednesday, December 21 @ 5 PM

Menu - Glazed Ham, Scalloped Potatoes, Coleslaw, Steamed Veggies, Buns


Dessert - Sticky Toffee Pudding with ice cream

\$20 Members - \$25 Non-Members

Dine in or pick up, please call 403-279-2003 to order

Follow us on social media to stay up to date on our events:

 @Ogden50Plus

 @Ogden50Plus

Message from the Executive Director

This winter at Ogden 50+, we will be helping seniors in need with the holiday food hampers. If you have extra non-perishable food items, please consider dropping them off at the centre. Our TGIF with Santa will be on Wednesday, December 21. There will be fun for the whole family, ho ho ho! Remember to be kind and stay safe this holiday season.

Best wishes,

Renata Michalski



You can
work on your
creation
during
Winter
Break!

THE MILLICAN OGDEN COMMUNITY ASSOCIATION PRESENTS:

2023 MOCA LEGO BUILDING CONTEST



DATES AND TIMES

**Friday,
Feb 3rd**

6 - 8 PM Drop off your Lego creations

**Saturday,
Feb 4th**

9 - 11 AM Judging (judges and security only)

12 - 2 PM Public viewing

2 - 3 PM Pick up Lego creations

AWARDS PER CATEGORY WILL BE BASED ON (OUT OF 100)

Building Skill - 35

Creativity & Originality - 25

Interpretation of Theme - 25

Presentation - 15

PLUS - Best in Show

Additional Information:

Public viewing will take place at MOCA's Hall (2110 69 Ave SE) and is free. Entry into the contest is \$5/per entry (max 2 entries per participant) and is open to all ages (adults included).



FACTS ABOUT ALBERTA

Where did the name "Medicine Hat" originate from?

Medicine Hat originates from the Blackfoot word *saamis* (pronounced sa-mus). This word describes the eagle tail feather headdress worn by a spiritual leader known as a Medicine Man. Legends say that a Medicine Man lost his headdress in a river and the surrounding area became "the site of the Medicine Hat".

Alberta's Wicked Winds

Did you know that Lethbridge is the second windiest city in Canada? When the wind comes from the BC mountains and drops into the east slopes of the Rockies to the prairies, it funnels through and accelerates, creating very strong winds.

Retlaw, one of Alberta's Ghost Towns

Retlaw, a ghost town 13.5 kilometers west of Vauxhall, shows the remains of a once bustling and active community. Unfortunately, this town is in a dry area of Alberta which led to frequent crop failures. If you're interested in visiting, we recommend you visit the Retlaw



cemetery, downtown Retlaw, and the beautifully restored Retlaw United Church, pictured to the right

photo from:

<https://www.ghosttowns.com/canada/alberta/retlaw.html>



Millican Ogden History



Snippets From a Senior - Part 3

This month, we have the continuation of an article written by Keith Moss, a grandson of George Moss, after whom George Moss Park is named. George and his wife, Edith, settled in Ogden in 1913 when he obtained a job as a machinist at the C.P.R. Ogden Shops. George was a member of St. Augustine's Church, was the secretary of the Ogden Community Association for 32 years, and was a Charter Member of the Ogden Legion. The park is named after him for his dedicated service to his community.

Just to the west of the rink the city built a fairly large wading pool. It was surrounded on the North and West sides by a green 6 foot high board fence. On the east side of the wading pool there was a wooden shelter with bench seats. The south side of the pool was open. It was of concrete construction and if memory serves me correctly it would have been about 30 feet square. It is where I learned to float and dog paddle. The middle of the pool where the drain was was about 18 inches deep. To the west of the wading pool and just across 76th avenue from the United Church was a small community hall. It was the hub for summer activities sponsored by the City and was also used for Community Meetings and Concerts. All of these structures had been built on what is now George Moss Park.

At the bottom of the South Hill was a large slough. In the winter the kids in the Community would gather there, clean off the ice, have someone bring in straw bales, build an open fire right on the ice and skate or play shinny until it was time to go home. When you skated on the slough you had to be wary of muskrat pop-ups and any bull rushes that had bent over and were just lying under the surface of the ice.

In the winter we also enjoyed skiing and tobogganing just west of Nagel's farm. This farm was located just next door to 18th street and 74th avenue. There were no inner tubes or crazy carpets at that time. We used wooden skis with leather harnesses, wooden toboggans, and sleighs with metal runners, we had fun using snow to build jumps at the base of the hill and then sailing over them in mid air. Ours was only one of many toboggans that received a broken board while involved in these aerial performances. Another hill that provided winter fun was at 72nd avenue and Ogden Road just across from the Men's Hostel. In the winter two city employees would pull about sixteen feet of six inch flexible rubber hose which they attached to each of the fire hydrants in the Community. There was a fire hydrant right at the top of 72nd and Ogden Road. They would flush the hydrant and let the water spill down a small hill that is there. With sleighs with metal runners or just cardboard we could go zooming down the ice covered hill almost to where the new legion is now.

The Bow River provided lots of entertainment, exercise, and solace for many Ogden residents. Before I was born the Beaver Dams was the community swimming hole. I can remember my Mom telling me about a woman who dove in the water at the Beaver Dams and surfaced minus her false teeth. The Ogden Community rallied behind her and dove until they found her chompers. In the late 40's and early 50's the Bow River was a haven for myself and my friends. There were no paved paths or bike trails along the floodplain and the steep banks as there are now. In the late 40's the area was covered in poplar, aspen, Saskatoon's, and lots of willow. For preteen boys this was an ideal environment for building tree huts and other shelters. Once into our teens and old enough to possess firearms, we spent many enjoyable hours hunting ducks, partridge, and pheasants, and fishing along the Bow River. This area was a refuge of solitude with very few others around.

Keith's reminiscences will be continued in the next edition of the MOCA Motion.

If you are interested in joining our group to help celebrate and preserve the heritage of our community, contact the Millican Ogden Heritage Group at bonnylynn98@gmail.com. We are always looking to welcome new members!

S	I	B	Y	Z	O	B	U	V	U	L	S	P	K	C
H	S	E	B	W	C	R	A	F	T	S	A	L	E	S
I	G	W	W	N	M	F	X	H	D	P	T	L	O	P
N	S	H	G	E	O	R	G	E	M	O	S	S	O	L
N	E	I	K	P	C	S	Z	H	K	U	G	V	B	E
Y	C	S	W	T	A	B	V	I	V	C	L	O	M	G
Q	C	T	Y	D	X	G	T	L	C	U	Y	G	R	O
I	R	L	Q	T	N	O	C	N	I	R	N	D	N	C
F	C	E	P	N	V	L	Y	I	R	Q	N	E	E	O
Z	J	A	C	K	S	E	T	T	E	R	W	N	V	N
G	M	I	L	L	I	C	A	N	H	L	O	E	W	T
R	Z	D	J	W	N	Z	K	U	P	D	O	N	M	E
F	S	A	N	T	A	S	K	A	T	E	D	L	M	S
G	F	Z	Q	S	Y	A	O	R	J	F	H	C	O	T
B	C	S	U	S	C	Z	D	X	B	F	Q	M	W	B

MOCA DECEMBER WORD SEARCH



Lego Contest
Santa Skate
Craft Sale
SECCRC
George Moss
Millican
Ogden
Shinny
Jack Setter
Lynnwood
Whistle
MOCA

TOOLE PEET ACTION GRANT

We would like to give a big "thank you" to Toole Peet Insurance for granting MOCA the Toole Peet Action Grant of \$1,000!

We will be using these funds to purchase a snow blower attachment. This will ensure that MOCA and Jack Setter Arena sidewalks and pathways are clear for walking.
Thank you Toole Peet!



<https://www.lowes.ca/product/attachment-snow-blowers/john-deere-44-in-100-series-snow-blower-876847>

A MESSAGE FROM OUR MLA, TANYA FIR

Dear Constituents,

We continue to see economic growth as we enter snowy December. The policies of our government are working to create jobs and investment in Alberta. By introducing the job creation tax cut, cutting red tape, and keeping taxes low for families and businesses, we continue to do all we can to make Alberta the best place in the country to live, work and raise a family.

The private sector has led Alberta's employment growth this year, accounting for 76,300 of the 79,400 jobs gained since December 2021. Job creators continue looking to Alberta for investment opportunities across a wide variety of economic sectors. From renewable energy to aviation to manufacturing to technology, companies like EDF Group, TC Energy, De Havilland Aircraft, Level 42 AI and many others are choosing Alberta to put down roots and grow their operations.

And we continue to focus on ways of making life more affordable. For example, our electricity rebates have so far distributed \$375 million to 1.9 million households since July, and our natural gas rebates will protect Albertans from high heating costs if monthly rates go above \$6.50 per gigajoule this winter.

Our government is recognizing Financial Literacy Month to remind Albertans about the importance of personal finance and to highlight government programs that help keep money in their pockets. No one is too young to learn about saving, budgeting, spending, and investing in today's world. That is why we believe in giving schools more choice in financial literacy programming and will ensure students have access to financial literacy education now and in the future. Promoting financial literacy in classrooms will give future generations the financial knowledge and skills needed for success.

My warmest wishes to you for a Merry Christmas and many blessings in the New Year.



Tanya Fir
MLA Calgary-Peigan,
Parliamentary Secretary for Status of Women
587.392.8850
calgary.peigan@assembly.ab.ca

THINGS TO DO IN CALGARY THIS DECEMBER

Dining in the Dark

- 📍 Tomahawk, Kitchen + Bar
- 📅 December 21st
- 💰 Price: \$99.00

Calgary Jazz Orchestra "A Perfectly Frank Christmas"

- 📍 River Park Church
- 📅 December 18th
- 💰 Price: \$35 to \$47

Holiday Paint Night

- 📍 Century Downs Racetrack + Casino
- 📅 December 14th
- 💰 Price: \$45

Calgary Hitmen vs. Edmonton Oil Kings

- 📍 Saddledome
- 📅 December 28th
- 💰 Price: \$26.24 + fees

Authentically Indigenous Craft Show

- 📍 Kerby Centre
- 📅 December 10th & 11th
- 💰 Price: \$5

Brookfield Properties – the Calgary Philharmonic Orchestra

- 📍 Suncor Energy Centre
- 📅 December 6th
- 💰 Price: FREE

Find the complete list at: <https://www.todocanada.ca/calgary-events-december-2022/>

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



BUSINESS SECTION



Seasons Greetings

Dale Parry

Mortgage Professional

Verico CML Canadian Mortgage Lender Inc.

P. 403-875-8851

E. dale.parry@cmlmortgages.com

www.daleparry.ca



2316 6 Street NE
Calgary, Alberta T2E 3Z1
www.cmlmortgages.com



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We offer 25% discounts to current
members of the Millican-Ogden
Community Association.

www.mcdonaldparalegal.ca
866-220-1271

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."



Colleen Whelan
Real Estate Team
BLESS THIS HOUSE

MaxWell
Capital Realty



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

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



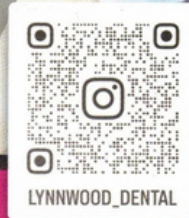
Email: admin@lynnwooddental.ca

Phone: 8255407299

Website: www.lynnwooddental.ca

Address: #7 7005 18st SE,
Calgary, Alberta, T2C1Y1

OPEN EVENINGS AND WEEKENDS FOR YOUR CONVENIENCE



Kids Promotion:

Receive a FREE electric toothbrush OR a custom sports mouthguard when you book your child in for New Patient Exam and Cleaning.

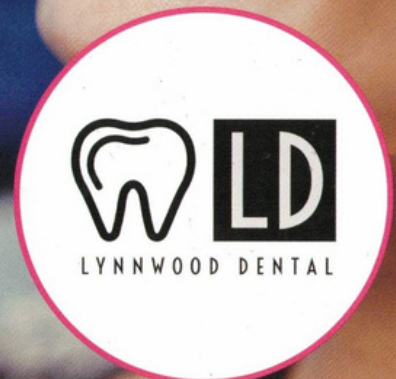


OR



Adult Promotion:

Receive a FREE electric toothbrush OR a Custom whitening take home kit when you book in for a New Patient Exam and Cleaning.



DINING

The Glenmore Inn & Convention Centre



GARDEN COURT BUFFET

Escape to our Garden Court to enjoy our delicious buffet. This welcoming restaurant offers a variety of delightful dishes that the whole family will enjoy.

Sunday BRUNCH
LUNCH
DINNER

CARVING BOARD CAFÉ

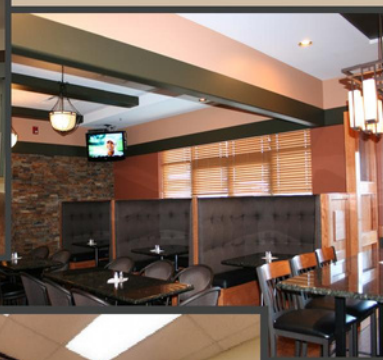
Come join us in our contemporary, charming Carving Board Café. Our extensive dinner menu will entice the whole family.

Open Evenings

ELBOW ROOM LOUNGE

Head down to the Elbow Room Lounge, for some mouth-watering appetizers, sip a perfectly pulled pint or watch the game on our flat screen TV's. The inviting ambience makes it the perfect place to wind down at the end of the day.

Open Evenings



AMENITIES

POOL | 6:00am – 10:00pm

We are happy to offer our guests complimentary use of our indoor pool that features a waterslide and hot tub. Fun for the entire family.

FITNESS CENTRE | 6:00am – 10:00pm

Our fitness centre is perfect for travellers who want to rejuvenate with an energizing work out. You will find modern cardio equipment and free weights to guarantee an effective workout.

www.glenmoreinn.com





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