



POOL NOW OPEN!

Millican Ogden **Outdoor Pool**

2094 69 Ave SE

Public swim, private rentals, and swimming lessons can be prebooked at:

calgaryoutdoorpools.ca/millican -ogden-outdoor-pool/

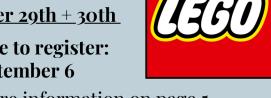
For more information, please contact the pool directly at (403) 221-3599

LEGO Contest

September 29th + 30th

Deadline to register: September 6

More information on page 5



Want to receive your copy of the MOCA Motion via email?

Please email

rentals@millicanogdencommunity.com and we will add you to our mailing list:)

MOCA Office 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

Planning on visiting the MOCA Office? Please call 403-279-4530 to make sure staff are present to assist you

BOARD OF DIRECTORS

President John McDonald	Civic Affairs Sub-Committees
ıst Vice President Lorraine Robinson	Green Line John McDonald
Treasurer Brittny Folvik	Gary Sarohia
Secretary Zev Klymochko	Skylar Loder
Corinne Watt	Airport Noises Sean Carney
Human Resources Lorraine Robinson	Lease & Insurance John McDonald
Angela Cruickshank	, , , , , , , , , , , , , , , , , , , ,
Brittny Folvik	Facilities Barry Bickford
Corrine Watt	
	Jim Logan
Finance & Audit Brittny Folvik (Chair)	Brittny Folvik
Barry Bickford	
Jim Logan	Community Hall Expansion Jim Logan
	Barry Bickford
SE CCRC Board Directors Lorraine Robinson	Brittny Folvik
Brittny Folvik	John McDonald
Corrine Watt	
	Policy & Procedure/Bylaws/
Civic Affairs Zev Klymochko	Business & Strategic
	Planning Lorraine Robinson
Gary Sarohia	
Skylar Loder	Sean Carney
John McDonald	Community Combon
	Community Garden Sean Carney

Follow us on social media!



Millican Ogden Community Association



@MillicanOgdenCA



millicanogdenca



All 2022/23 MOCA Memberships expired on May 31st

2023/24 Memberships can be purchased on our website or can be purchased at the MOCA office (2110 69 Ave SE, see form at end of newsletter). Don't forget to call beforehand to ensure that staff will be there to assist you:)

VICE PRESIDENT REPORT JULY 2023

As we welcome the month of July, it is time to share our appreciation to all MOCA members who have been very present with MOCA activities during this past 2022–2023 season. A special thank you goes out to our MOCA Directors, President John McDonald, Treasurer Brittny Folvik, Secretary Zev Klymochko and Directors Angela Cruickshank, Barry Bickford, Corinne Watts, Gary Sarohia, Skylar Loder and Sean Carney, for their volunteer time and commitment to MOCA.

MOCA Casino, March 28 & 29, 2023: Much appreciation goes out to Marsha Staples, MOCA's General Manager, for organizing and overseeing MOCA's March 28th & 29th Casino. The casino proved to be very successful with a return of just over \$79K; an amount close to \$20K more than what MOCA had budgeted for. Please consider volunteering in MOCA's future casinos – the funds generated will be used towards updates and renovations to the MOCA's community center and property.





MOCA AGM: This is a reminder to consider joining the MOCA Board of Directors. Elections will be held at the October 17, 2023 Annual General Meeting (AGM). We are especially in need of members with financial, infrastructure, and Human Resource experience. Nominees require a MOCA membership purchased 30 days prior to the AGM date. Online Membership registration can be found at

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

<u>MOCA Bylaws:</u> At the October 17th MOCA AGM, the following Bylaw additions will be proposed for approval to further clarify the definitions of Resident Members and Non-Resident Members:

- 2.1.33 "Resident Member" means a member of the Association who is habitually resident, or otherwise makes their home within the boundaries of the Association.
- 2.1.34 "Non-Resident Member" means a member of the Association who, whether or not they own property within the boundaries of the Association ordinarily or habitually makes their home outside of the boundaries of the Association, but who has been granted the same rights and privileges of a resident member subject to any restrictions made pursuant to these bylaws.



More information about our bylaws can be found on our website in the "Annual General Meeting" section: https://www.millicanogdencommunity.com/index.php/about/

SE CCRC Update:

• The Let it Grow Annual Event held on Saturday May 27th was extremely successful. Around 100 people came to borrow tools and collect soil & plants. Much appreciation to all who donated plants, participated in the bottle drive and cash donations, in addition to the City of Calgary's contribution of soil and garbage bins for unwanted household items. The large City of Calgary garbage bins were loaded to the brim. We had a group of teenager volunteers to help residents move 'stuff' to the bin.





- The **Women Entrepreneur Event** will be held on September 9th, 2023. This will be a day of learning, connection, inspiration, networking, and sharing. Sponsored by Scotia Bank. To register for this event, please call **403-720-2032**.
- Follow the SE CCRC's events and activities on their Facebook page: https://www.facebook.com/SECalgarycommunityresourcecentre/

City of Calgary Updates:

- Green Line: Graham Construction has been selected to build the 78th Avenue Grade Separation and Ogden Pedestrian Tunnel Project. Before building the Ogden LRT station and tracks, the 78th Avenue Project will complete vehicle and pedestrian tunnels under the Canadian Pacific Kansas City (CPKC) railway corridor to enhance mobility and pedestrian safety and clear the way for future construction of the Ogden Station and the LRT track. For more information, please visit: https://www.calgary.ca/green-line-graham-construction-build-78-ave-project.html
- BC Orchards Farm Stand: In partnership with The City of Calgary and the Millican-Ogden Community Association, BC Orchards has launched a fresh produce stand in the community on Friday, June 16th from 1-6pm. Learn more about the program at calgary.ca/localfood
- Free and Fun Summer Programs: For fun and free programs and activities in Calgary communities this summer, please visit <u>calgary.ca/free</u>

Upcoming Dates:

- **June 17 beginning of September:** The Millican Ogden Outdoor Pool is open! For more information, call (403) 221-3599 or visit https://calgaryoutdoorpools.ca/find-a-pool/millican-ogden-outdoor-pool/
- July 3 7: Free Youth Ball Hockey Day Camp for grades three & up at Jack Setters Arena from 9:00 AM to 12:30 PM daily. Great for skill development and play. Snacks will be provided.
- **July 4 August 25:** Youth Centres of Calgary (YCC) Summer Camp. 11:00 AM to 3:00 PM Monday to Fridays. See page 9 for more information.
- July 24 28: Park N Play and Stay N Play Programs at Sherwood School (2011 66th Ave SE), calgary.ca/free
- **September 5, 2023:** MOCA General Meeting held in the MOCA Upper Hall (2110 69 Ave SE) at 7:00 PM (note: there are no General Meetings in July & August)
- **September 29 30, 2023**: MOCA LEGO Contest, see next page (page 5) for more information.

Enjoy a fun-filled summer with family and friends. Remember the sunscreen and to remain hydrated,

Vice-President Millican Ogden Community Association



Jack Setters Arena

Location: 2086 69th Ave SE

Phone: (403) 279-4530

Email: generalmanager@millicanogdencommunity.com



Including ice rentals, public skate, and drop-in programs (shinny and stick n' puck).

Keep an eye out for more information about the 2023/24 season

SEE YOU IN SEPTEMBER!

Our dry slab is available to rent in late July and August

This is a great venue for family gatherings, barbeques, organized sports, and more!

If you are interested in booking, please call (403) 279-4530 for more information!







2023 ANNUAL MOCA LEGO BUILDING CONTEST



<u>Friday</u>, <u>Sept 29</u>

6 - 8 PM Drop off your Lego creations

<u>Saturday,</u> <u>Sept 30</u> 9 - 11 AM Judging (judges and security only)

12 - 2 PM Public viewing

2 - 3 PM Pick up Lego creations

Building Skill - 35

AWARDS PER CATEGORY WILL BE

BASED ON (OUT OF 100)

Creativity & Originality - 25

Interpretation of Theme - 25

Presentation - 15

PLUS - Best in Show

SEE END OF NEWSLETTER FOR LEGO CONTEST ENTRY FORM

Additional Information:

Public viewing will take place at MOCA's Hall (2110 69 Ave SE) on Saturday, September 30th and is free Entry into the contest is \$5/per entry (max 2 entries per participant) and is open to all ages (adults included) Monthly

Newsletter

SE Calgary Community Resource Centre

July 2023

2734 **76 Avenue SE**

Hours of Operation:

M - 10 am - 4 pm T - 1 - 4 pm W-F - 8 am - 4 pm (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 al donations of food, clothing, and small household items. No big furniture items please



COME AND JOIN US

TUESDAYS 9:30 AM - 12:00 PM INFANT DROP IN & PLAY (SIBLINGS WELCOME) COME AND HAVE A CUP OF COFFEE.

WHILE MEETING OTHER PARENTS IN

THE COMMUNITY.

WEDNESDAYS & FRIDAYS DROP IN & PLAY (ALL AGES)

9:30AM - 12:00 PM THURSDAYS 10:00 - 11:00 AM

YOGA FOR EVERY BODY *CHILDCARE PROVIDED* CALL 403-720-3322 FOR YOGA REGISTRATION

LOCATION: 2425 69 AVENUE SE

PHONE: 403-470-8596 TO GAIN ACCESS TO BUILDING

We want to send big thank you to everyone who has taken the time to donate to our Centre! We have been blessed with an abundance of donations which make it possible to help those in need even more.

THANK YOU!!



Throughout the Summer our programs will continue, including:

- Community Connections/Basic Needs Supports
- Career and Employment Supports
 - Computer Lab
- Free Clothing & Household Items
 - Advocacy

How we can help:

At the Southeast Calgary Community Resource Centre we can help you with your job search, resume writing, and practice with interview skills. We also offer help with advocacy, referrals, assistance with applying for government benefits and various other basic needs supports. 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 today.





Upper Hall Rentals

2110 69 Avenue SE P: (403) 279-4530 E: rentals@millicanogdencommunity.com

A great venue for Fall Programs, such as art workshops, dance classes, karate, and many more!

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



Amenities:

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

THE MOCA MOTION

<u>Ogden House 50+ Activity</u> <u>Centre - Everyone is Welcome!</u>

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! The 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 T2C 3Y4.**

For further information please call **403-279-2003**, email **sonia@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.



TABLE TENNIS

Join us at Ogden 50+

2102-69 Ave SE 403-279-2003

4 tables/16 people can play at once four times a week.

Only \$35 annual membership includes free ping pong.

Please check our website & calendar at <u>ogden50plus.org</u> for days & times



ART THERAPY

Wednesdays, July 5 - August 2 10:00 am - 12:00 pm 5 week registered series

Sessions will include mindfulness practices to prepare for expressive artmaking including painting, drawing, collage and sculpting.

CONVERSATION CAFÉ

Wednesday, July 12 1:00 pm - 3:00 pm

Free Dementia Support Group, share your experiences and support others on the same journey. Casual, informal and no solicitation of any kind.

STAMPEDE BREAKFAST

Saturday, July 15 9:00 am - 11:00 am

Join us for Pancakes, Sausages and Live Country Music.

APPETIZER BUFFET

Friday, July 21 4:00 pm - 5:00 pm Happy hour 3:00 pm - 5:00 pm

Calgary Foot Care Nurses

Monthly - 10:00 am to 2:30 pm Next session: Wednesday, July 26

Direct billing available through Blue Cross with Doctors prescription. Call 403-408-9668 to book.

<u>LUNCH</u>

Wednesday, July 26 at 12:00PM noon Soup & Sandwich

PUB TRIVIA/DINNER

Friday, July 28

4:00 pm - 5:00 pm. Happy hour 3:00 pm - 5:00 pm Roast Beef, Yorkshire Pudding & Vegetables

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

@Ogden50Plus

@Ogden50Plus

Message from the Executive Director

Summer is here! Get out and enjoy the weather! Stampede is fast approaching. Join us for a Stampede Breakfast Saturday, July 15 with live country music. We also have other events happening such as Calgary Foot Care Nurses joining us monthly and Conversation Café. Please join us if you are a member or are interested in our centre. Have a wonderful summer!

Renata Michalski



The Calgary Southridge Lions Club

What is the Lions Club and who do they support?

Lions Club International was established in 1917 and now has almost 1,500,000 members in over 200 countries and 48,000 clubs around the world. Our global causes are Vision, Environment, Diabetes, Childhood Cancer, and Hunger. Each Club supports the need of their community. The Calgary Southridge Lions Club was chartered in the City of Calgary in 1976. For almost 50 years, the Calgary Southridge Lions Club has been based in Ogden and has been serving South Central Calgary. The meetings were held in Ogden in various locations. At this time, the meetings are being held at The Copper Club, 24 Hemlock Crescent SW on the 2nd and 4th Tuesdays of every month.



To learn more about Lions Club International, go to https://www.lionsclubs.org/en To learn more about the Calgary Southridge Club, what they do, and who they serve, please contact Lion Jack Busst at jack.busst@gmail.com (403) 272-7683 or membership chairman Lion Larry Dansereau at danserel@shaw.ca (403) 279-4146





City of Calgary's FREE Activities

The City of Calgary's offers many free activities for children, youth, adults, and families. This includes their Stay n' Play, Fit Parks, Youth Leadership Programs, and Self Guided Tours.

Visit calgary.ca/free for a full list of activities and their schedules



BUSINESS SECTION

Want to have your ad featured in the MOCA Motion?

Send an email to

rentals@millicanogdencommunity.com and request an "Ad Kit" for a full list of prices and advertisement conditions.



McDonald Paralegal Services Ltd.

Low Cost Provider of Legal Services in the Provincial Court of Alberta (small claims)

Residential Tenancies Dispute Resolution Service (RTDRS) and

other Administrative Tribunals

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





www.BlessThisHouse.ca

- Community Centred
- Service Oriented
- •Experienced & Knowledgable



@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







Summer Adventure Packages for Calaway Park & Calgary Zoo

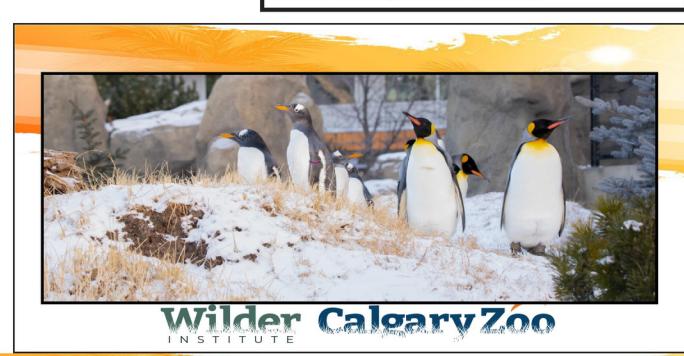
Each Package Includes-

Breakfast

Attraction Passes

Access to our Pool with Waterslide and Hot Tub Complimentary Parking and Wi-Fi

Select Packages when booking







MOCA LEGO CONTEST - 2023 ENTRY FORM

Bullaer	s name:					_	Date	e:					_
Ag	e: (check box that applies)		-5 years old Ouplo/Lego)		6-8 years old		9-12 years old		13-17 years		B-17 ears old	18 and over	
	gory: (check that applies)		uildings & ructures		Vehicles & Transportat	ion		Anima & Figu			Creative Invention		
Parent Name (if applicable): MOCA MBS							MBSP #	#: _					
Address:						Postal Code:							
Phone:				_ Ema	ail:								
	child and Le	photos - go Creati	I hereby gra on and Lego	nt the	A e Millican Ogo tion for Mark ne contest ru	eting I	Purpo	oses			o take photo	os of	f myself/my

CONTEST INFORMATION AND RULES

Cost

\$5.00 (cash or cheque) per entry, maximum 2 entries per person.

Entry Form

- o Additional entry forms can be found at the MOCA office, in July's MOCA Motion newsletter, or on the MOCA website: https://www.millicanogdencommunity.com/index.php/events/lego-entry-form/
- Entry forms must be submitted to the MOCA office by September 6th, 2023. Forms can either be dropped off or mailed to 2110 69 Ave SE, Calgary AB, T2C 0R5. There is limited space so please register early!
- o When filling out the form, please ensure that all information is correct, especially the **age group.**

Contest Information

- o All Lego creations will be built at home with your own Lego materials.
- *ALL ENTRIES MUST BE ORIGINAL CREATIONS (e.g., no Lego Kits or Bionicles).
- Creations must be completed and transported to the MOCA Upper Hall (2110 69 Ave SE) on Friday, September 29th between 6:00 and 8:00pm.
- All Lego creations will remain in the Upper Hall until 2:00pm on Saturday, September 30th. Creations must be picked up by 2:00 3:00pm on September 30th.
- o Judging will take place by a group of local senior volunteers 🔾
- Toy store Gift Cards will be given to the contest winners!
- Public viewing of Lego creations is free! Those who are interested in viewing the wonderful Lego creations can stop by the MOCA Upper Hall (2110 69 Ave SE) on Saturday, September 30th between 12:00 and 2:00pm.

<u>DISCLAIMER & RELEASE</u> Millican Ogden Community Association MOCA is not responsible or liable for any lost, late, incomplete, invalid, corrupted, incorrectly addressed entries or any damage or loss arising from or connected with the contest. By participating in this contest, each participant hereby agrees to release and discharge MOCA and each of their directors, officers, members of their boards, employees, sponsors, prize suppliers and agents from all actions, claims and demands whatsoever arising directly or indirectly out of their participation in the Contest.



COMMUNITY MEMBERSHIP FORM

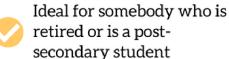
CARD # Valid:	to May 31st 2024					
Name (Please Print):	Ph.#: Cell#:					
Address:	Postal Code:					
☐ Consent to receive emails Email:						
Name of Children (Please Include Surname if Different from Above):	Would you like to be contacted for Volunteer Activities?					
1	□ Yes					
2.	□ No					
3 4						
Membership Type:	If Yes, Check any of the Following:					
☐ Family \$ 25.00	☐ Casino					
☐ Couple \$ 20.00	☐ Civic Affairs					
☐ Single \$ 16.00	☐ Community Clean-Up					
☐ Senior 65+ (\$ Free)	☐ 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 (2110 69 Ave SE) Please call office before visiting: (403) 279-4530 After Hours: Drop in MOCA office door mail slot						

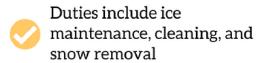


HIRING

JOIN OUR TEAM

Part-time and fulltime positions at the Jack Setters Arena







\$22.00 per hour

For full job description, visit https://www.millicanogden community.com/





EMAIL YOUR RESUME TO:



generalmanager@millicanogdencommunity.com

